Aikido-Technikprogramm des Deutschen Aikido-Bundes 5. Kyu bis 1. Dan

			ANGRIFFSARTEN														
			1 Katate-tori	2 Ryote-tori	3 Katate-ryote-tori	4 Mune-tori	5 Yoko-kubi-shime	6 Ushiro-ryokata-tori	7 Ushiro-kakae-tori	8 Ushiro-ryote-tori	9 Ushiro-eri-tori	10 Ushiro-katate-tori-kubi-shime	11 Ushiro-kubi-shime	12 Yokomen-uchi	13 Shomen-uchi	14 Shomen-tsuki	15 Yoko-tsuki (soto)	
Verteidigungstechniken	1	Shiho-nage	5	5	5	5				4				4				Nage-waza
	2	Kaiten-nage (uchi)	4											4	4	4		
	3	Irimi-nage	4	4	4					3				3	3	3		
	4	Kaiten-nage (soto)	3												3	3		
	5	Aiki-otoshi					2	2	2									
	6	Koshi-nage		2		2	2					2	2	2	2	2		
	7	Kote-gaeshi	1	1	1					1				1	1	1		
	8	Koshi-nage-hiji-garami								1								
	9	Koshi-nage-kote-hineri	1							1								
	10	Juji-garami								1		1						
	11	Tenchi-nage		1.D.										1.D.		1.D.		
	12	Sumi-otoshi	1.D.	1.D.														
	13	Kokyu-nage		1.D.	1.D.			1.D.	1.D.					1.D.				
	14	Ude-kime-nage			1.D.									1.D.		1.D.		
	I	Ude-osae (ikkyo)	5	5	5	5		4		4	4	4		4	4	4		Katame-waza
	II	Kote-mawashi (nikyo)	3	3	3	3		3		3	3	3		3	3	3		
	III	Kote-hineri (sankyo)	2	2	2	2		2		2	2	2		2	2	2		
	IV	Tekubi-osae (yonkyo)	1	1	1	1		1		1	1	1		1	1	1		
	V	Ude-nobashi (gokyo)	1											1				
	VI	Ude-kime-osae (rokkyo)	1.D.											1.D.		1.D.		
	VII	Ude-garami	1.D.												1.D.		1.D.	