



# Aikido Sundsvall Meiseikai

## Rokkyu, 6:e kyu

**Sotai dosa**      Ai-hanmi  
                     Gyaku-hanmi  
                     Tai-no-tenkan-ho

**Ukemi**            Mae-ukemi  
                     Ushiro-ukemi

**Taisabaki**        Tenkan  
                     Irimitenkan

### **Tachiwaza**

Ai-hanmi            Ikkyo ura  
                         Iriminage ura  
                         Kotegaeshi ura

Gyaku-hanmi        Tenchinage

Ryotedori            Shihonage

### **Suwariwaza**

Ryotedori            Kokyo-ho

**Dessutom:** Minst 20 träningsdagar.