

Vestfyn Aikikai

6. kyu gradueringspensum



Pensum:

Tachiwaza:

Aihanmi katate tori:
Shihonage

Gyakuhanmi katate tori:
Kotegaeshi
Iriminage

Ryote tori:
Tenshinage

Shikko:

ushiro, mae

Suburi:

Joge-suburi / shomen-uchi
(stort skær - skridt frem)