

Nomenclature d'AÏKIDO

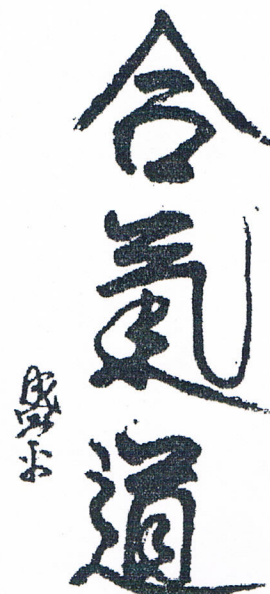
P.T.N.

Progression Technique Nationale

合氣道

A - SUWARIWAZA

- 1) SHOMEN UCHI IKKYO
SHOMEN UCHI NIKYO
SHOMEN UCHI SANKYO
SHOMEN UCHI YONKYO
SHOMEN UCHI GOKYO
SHOMEN UCHI IRIMINAGE
SHOMEN UCHI KOTEGAESHI
- 2) YOKOMEN UCHI IKKYO
YOKOMEN UCHI NIKYO
YOKOMEN UCHI SANKYO
YOKOMEN UCHI YONKYO
YOKOMEN UCHI GOKYO
YOKOMEN UCHI IRIMINAGE
YOKOMEN UCHI KOTEGAESHI
- 3) KATA DORI IKKYO
KATA DORI NIKYO
KATA DORI SANKYO
KATA DORI YONKYO
KATA DORI IRIMINAGE
- 4) RYOTE DORI KOKYUHO
RYOTE DORI IKKYO
RYOTE DORI NIKYO
RYOTE DORI SANKYO
RYOTE DORI YONKYO
RYOTE DORI IRIMINAGE
RYOTE DORI KOTEGAESHI
- 5) RYOKATA DORI IKKYO
RYOKATA DORI NIKYO
RYOKATA DORI SANKYO
RYOKATA DORI YONKYO



B - HANMIHANDACHIWAZA

- 1) KATATE DORI IKKYO
KATATE DORI NIKYO
KATATE DORI SANKYO
KATATE DORI YONKYO
KATATE DORI IRIMINAGE
KATATE DORI KOTEGAESHI
KATATE DORI SHIHONAGE

KATATE DORI KAITENNAGE
KATATE DORI SUMIOTOSHI
KATATE DORI KOKYUNAGE
- 2) RYOTE DORI SHIHONAGE
RYOTE DORI KOKYUNAGE
- 3) USHIRO RYOKATA DORI IKKYO
USHIRO RYOKATA DORI NIKYO
USHIRO RYOKATA DORI SANKYO
USHIRO RYOKATA DORI KOTEGAESHI
USHIRO RYOKATA DORI KOKYUNAGE

C - TACHIWAZA

- 1) AIHANMI KATATE DORI IKKYO
AIHANMI KATATE DORI NIKYO
AIHANMI KATATE DORI SANKYO
AIHANMI KATATE DORI YONKYO
AIHANMI KATATE DORI IRIMINAGE
AIHANMI KATATE DORI KOTEGAESHI
AIHANMI KATATE DORI SHIHONAGE
AIHANMI KATATE DORI UDEKIMENAGE
AIHANMI KATATE DORI KOSHINAGE
AIHANMI KATATE DORI SUMIOTOSHI
AIHANMI KATATE DORI KOKYUNAGE
- 2) KATATE DORI IKKYO
KATATE DORI NIKYO
KATATE DORI SANKYO
KATATE DORI YONKYO
KATATE DORI IRIMINAGE
KATATE DORI KOTEGAESHI
KATATE DORI SHIHONAGE
KATATE DORI KAITENNAGE
KATATE DORI SUMIOTOSHI
KATATE DORI HIJIKIMEOSAE (UDEHISHIGI)
KATATE DORI UDEKIMENAGE
KATATE DORI UDEGARAMI
KATATE DORI KOKYUNAGE
- 3) KATA DORI IKKYO
KATA DORI NIKYO
KATA DORI SANKYO
KATA DORI YONKYO
KATA DORI IRIMINAGE
KATA DORI KOKYUNAGE

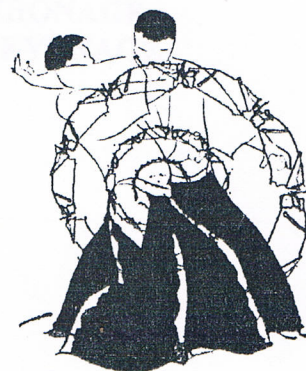




- 4) MUNA DORI IKKYO
 MUNA DORI NIKYO
 MUNA DORI SANKYO
 MUNA DORI YONKYO
 MUNA DORI SHIHONAGE
 MUNA DORI KOKYUNAGE
- 5) RYOTE DORI IKKYO
 RYOTE DORI NIKYO
 RYOTE DORI SANKYO
 RYOTE DORI YONKYO
 RYOTE DORI IRIMINAGE
 RYOTE DORI KOTEGAESHI
 RYOTE DORI SHIHONAGE
 RYOTE DORI UDEKIMENAGE
 RYOTE DORI TENCHINAGE
 RYOTE DORI KOSHINAGE
 RYOTE DORI KOKYUNAGE
- 6) RYOKATA DORI IKKYO
 RYOKATA DORI NIKYO
 RYOKATA DORI SANKYO
 RYOKATA DORI YONKYO
 RYOKATA DORI IRIMINAGE
 RYOKATA DORI AIKIOTOSHI
 RYOKATA DORI KOKYUNAGE
- 7) KATATE RYOTE IKKYO
 KATATE RYOTE NIKYO
 KATATE RYOTE SANKYO
 KATATE RYOTE YONKYO
 KATATE RYOTE IRIMINAGE
 KATATE RYOTE KOTEGAESHI
 KATATE RYOTE SHIHONAGE
 KATATE RYOTE KOKYUHO
 KATATE RYOTE KOKYUNAGE
 KATATE RYOTE KOSHINAGE
 KATATE RYOTE UDEKIMENAGE
 KATATE RYOTE JUJIGARAMI
- 8) CHUDAN TSUKI IKKYO
 CHUDAN TSUKI SANKYO (UCHIKAITEN)
 CHUDAN TSUKI IRIMINAGE
 CHUDAN TSUKI KOTEGAESHI
 CHUDAN TSUKI SHIHONAGE
 CHUDAN TSUKI KAITENNAGE

CHUDAN TSUKI KOKYUNAGE
CHUDAN TSUKI UDEKIMENAGE
CHUDAN TSUKI HIJIKIMEOSAE
CHUDAN TSUKI USHIROKIRIOTOSHI

- 9) JODAN TSUKI IKKYO
JODAN TSUKI SANKYO (UCHIKAITEN)
JODAN TSUKI IRIMINAGE
JODAN TSUKI KOTEGAESHI
JODAN TSUKI SHIHONAGE
JODAN TSUKI KAITENNAGE
JODAN TSUKI KOKYUNAGE
JODAN TSUKI UDEKIMENAGE
- 10) SHOMEN UCHI IKKYO
SHOMEN UCHI NIKYO
SHOMEN UCHI SANKYO (SOTOKAITEN, UCHIKAITEN)
SHOMEN UCHI YONKYO
SHOMEN UCHI GOKYO
SHOMEN UCHI IRIMINAGE
SHOMEN UCHI KOTEGAESHI
SHOMEN UCHI SHIHONAGE
SHOMEN UCHI KAITENNAGE
SHOMEN UCHI KOKYUNAGE
- 11) YOKOMEN UCHI IKKYO
YOKOMEN UCHI NIKYO
YOKOMEN UCHI SANKYO
YOKOMEN UCHI YONKYO
YOKOMEN UCHI GOKYO
YOKOMEN UCHI IRIMINAGE
YOKOMEN UCHI KOTEGAESHI
YOKOMEN UCHI SHIHONAGE
YOKOMEN UCHI UDEKIMENAGE
YOKOMEN UCHI KOKYUNAGE
- 12) KATA DORI MENUCHI IKKYO
KATA DORI MENUCHI NIKYO
KATA DORI MENUCHI SANKYO
KATA DORI MENUCHI SHIHONAGE
KATA DORI MENUCHI UDEKIMENAGE
KATA DORI MENUCHI KOSHINAGE
KATA DORI MENUCHI KOTEGAESHI
KATA DORI MENUCHI IRIMINAGE
KATA DORI MENUCHI KOKYUNAGE
- 13) MAE GERI IRIMINAGE





D - USHIROWAZA

- 1) USHIRO RYOTE DORI IKKYO
USHIRO RYOTE DORI NIKYO
USHIRO RYOTE DORI SANKYO
USHIRO RYOTE DORI YONKYO
USHIRO RYOTE DORI HIJIKIMEOSAE
USHIRO RYOTE DORI IRIMINAGE
USHIRO RYOTE DORI KOTEGAESHI
USHIRO RYOTE DORI SHIHONAGE
USHIRO RYOTE DORI JUJIGARAMI
USHIRO RYOTE DORI KOSHINAGE
USHIRO RYOTE DORI KOKYUNAGE
- 2) USHIRO RYOKATA DORI IKKYO
USHIRO RYOKATA DORI NIKYO
USHIRO RYOKATA DORI SANKYO
USHIRO RYOKATA DORI YONKYO
USHIRO RYOKATA DORI KOTEGAESHI
USHIRO RYOKATA DORI IRIMINAGE
USHIRO RYOKATA DORI AIKIOTOSHI
USHIRO RYOKATA DORI KOKYUNAGE
- 3) USHIRO ERI DORI IKKYO
USHIRO ERI DORI NIKYO
USHIRO ERI DORI SANKYO
USHIRO ERI DORI YONKYO
- 4) USHIRO KATATE DORI KUBISHIME IKKYO
USHIRO KATATE DORI KUBISHIME SANKYO
USHIRO KATATE DORI KUBISHIME KOSHINAGE
USHIRO KATATE DORI KUBISHIME KOTEGAESHI
USHIRO KATATE DORI KUBISHIME SHIHONAGE
USHIRO KATATE DORI KUBISHIME KOKYUNAGE