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# Nomenclature d'AÏKIDO

P.T.N.

( *Progression Technique Nationale* ) version « allégée »

« HAKAMA »

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
- 3) KATA DORI IKKYO
- 4) RYOTE DORI KOKYUHO

合氣道  
合氣道

B - HANMIHANDACHIWAZA

1)

KATATE DORI SHIHONAGE

KATATE DORI KOKYUNAGE

2) RYOTE DORI SHIHONAGE  
RYOTE DORI KOKYUNAGE

3) USHIRO RYOKATA DORI IKKYO

USHIRO RYOKATA DORI KOKYUNAGE

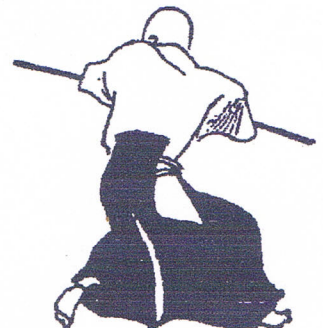
## C - TACHIWAZA

- 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 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





4)

- 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

7) KATATE RYOTE IKKYO

KATATE RYOTE KOKYUHO  
KATATE RYOTE KOKYUNAGE

- 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 IRIMINAGE  
JODAN TSUKI KOTEGAESHI

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 SHIHONAGE

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 KOKYUNAGE
- 3) USHIRO ERI DORI IKKYO