

AIKIBUDO Progression technique 1^{er} DAN Tulle

	Shokyu		Chukyu		Jokyu	
	6 ^{ème} kyu	5 ^{ème} kyu	4 ^{ème} kyu	3 ^{ème} kyu	2 ^{ème} kyu	1 ^{er} kyu
Tai sabaki	Nagashi Irimi O Irimi		Hiki	Hiraki	Esquives-canalisation Omote yoko men uchi Ura yoko men uchi Tchoku zuki (entrée soto-omote)	
Ukemi	Ushiro ukemi	Mae ukemi	Yoko ukemi	Chutes brisées	Chutes plaqués	
Tsuki waza (coups de poings)	Tchoku zuki Yoko omote men uchi Ura yoko men uchi	Gyaku zuki	Hiki zuki	Hineri uchi Gyaku uchi Jyun uchi		
Keri Waza (coups de pieds)	Mae Geri	Mawashi geri	Yoko geri		Ushiro geri Ura geri	
Hojo undo (éducatifs)	Nigiri kaeshi	Negi kaeshi Shinogi	Oshi kaeshi	Negi kaeshi (2 ^{ème} forme)	Tsupari Nigiri kaeshi (2 ^{ème} forme)	
Te hodoki (dégagements sur saisies)	Jyunte dori Dosokute dori	Ushiro eri dori (2) Ushiro sode dori Ryote ippo dori (2)	Ushiro katate dori Ushiro ryo sode dori Gyakute dori (2) Mae eri dori (2)	Ryote dori Ryo sode dori (2) Ushiro ryote dori Ushiro uwate (2) dori Ushiro shitate dori	Ushiro ryo sode dori Ushiro katate dori eri jime Mae kumi tsuki Ude jime	Application réaliste
Wa no seishin			Jyunte dori	Dosokute dori Sode dori	Ryo sode dori Mae eri	
Kata : Techniques Kihon nage waza (entres parenthèses, les frappes ou saisies)		Mukae daoshi (ura yoko men uchi) Shiho nage (yoko men uchi)	Yuki chigae (tsuki jodan) Negi kote gaeshi (tsuki chudan) Tembin nage (ryo sode dori)	Hachi mawashi (dosoku te dori)	Koshi nage (ryote dori)	kata

Techniques complémentaires	Shiho nage et Tembin nage (jyunte dori, dosokute dori, yoko men uchi)	Ushiro kata otoshi (ura yoko men uchi, yoko men uchi, tsuki chudan, dosokute dori) Ura ude nage (ura yoko men, yoko men uchi, dosokute dori, jyunte dori, tsuki chudan) Shiho nage (tsuki chudan, tsuki jodan, ryote dori, ryo sode dori, ura yoko men) Tembin nage (tsuki chudan)	Shiho nage (muna dori, ushiro uwate, ushiro eri) Mukae daoshi (yoko men uchi, tsuki chudan, tsuki jodan, jyunte dori, dosokute dori tenkan et irimi, ushiro eri)	Tembin nage tenkan (jyunte dori...) Yuki chigae (yoko men uchi, ura yoko men uchi, jyunte dori, tsuki chudan) Negi kote gaeshi (tsuki jodan, omote yoko men uchi, ura yoko men uchi, ryote dori, ushiro ryote dori)	Hachi mawashi (ura yoko men uchi, ryote ippo dori, yoko men uchi, tsuki chudan)	Koshi nage (tsuki chudan, yoko men uchi, ura yoko men uchi, ryote dori, jyunte dori, ushiro ryote dori)
Kata : Kihon osae waza (immobilisations)		Shiho nage (ushiro ryote dori)	Robuse (ryote ippo dori)	Mukae daoshi (ushiro uwate)	Kote kudaki (sode dori) yuki chigae (ushiro eri jime)	Ushiro hiji kudaki (tsuki chudan)
kata			Tsuki uchi no kata (3 premières frappes)	Ken no kata (armes) Suwari wasa	Tsuki uchi no kata	Tsuki uchi no kata (2 rôles) happoken kata Keri goho no kata
Randori		Ju no randori (souple, 1 contre 1)	Wa no seishin Ju no randori (souple, 1 contre 1)	Wa no seishin ju no randori (souple, 1 contre 2 adversaires)	Wa no seishin Futari dori randori (esquives canalisations, 3 contre 1) Taninzu dori randori (réalistes, plusieurs adversaires)	Wa no seishin Futari dori randori (esquives canalisations, 3 contre 1) Taninzu dori randori (réalistes, plusieurs adversaires)