

Nomenclature des techniques d'aikido et progression par grades kyu

Tachi waza	Kihongi											Oyogi											
	Katame waza					Nage waza						Henka waza				Nage waza							
	Kokyu hô	Ikkyo	Nikyo	Sankyo	Yonkyo	Irimi nage	Kote gaeshi	Shihô nage	Uchikaiten nage	Soto kaiten nage	Tenchi nage	Ganseki otoshi	Hijikime osae	Ude kime nage	Ude garami	Go kyo	Ushiro kiritoshi	Juji garami	Sumi otoshi	Aiki otoshi	Kubi nage	Koshi nage	Kokyu nage
Aihanmi katatedori		5	4	4	4	5	4	5														4	
(Gyaku hanmi) katate dori		4	4	2	2			4	4	4	5		2	4			2		2				2
Kata dori		4	4																				
Sode dori																							
Muna dori		2	2					2										1					
Ryote dori		1								4												1	1
Ryokata dori		1																					1
Katate ryote dori	1	3	3			2	2	2					2				2						3
Shomen uchi		5	4	4	4	5	1	1	2	2					1							2	4
Jodan stuki		2				2		1															
Chudan stuki		3				3	3		3	3							3						1
Yokomen uchi		3	3	3	3										3							2	
Katadori menuchi		3	3			2	2	2					2				1						
Kubishime (gyaku jujijime)																							
Mae geri																							
Ushiwaza ryotedori		3	2	2	2	3	3															1	1
Ushiro waza ryokata dori		2	2	1		2	1															2	1
Ushiwaza eridori		1					1																1
Ushiro katate kubishime		4				4	1	1															1
Hagai jime																							

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Hanmi hanndachi waza	Kihongi										Oyogi												
	Katame waza					Nage waza					Henka waza					Nage waza							
	Kokyu hô	Ikkyo	Nikyo	Sankyo	Yonkyo	Irimi nage	Kote gaeshi	Shihô nage	Uchikaiten nage	Soto kaiten nage	Tenchi nage	Ganseki otoshi	Hijikime osae	Ude kime nage	Ude garami	Go kyo	Ushiro kiritoshi	Juji garami	Sumi otoshi	Aiki otoshi	Kubi nage	Koshi nage	Kokyu nage
(Gyaku hanmi) katate dori		3				1	1	3	1	1									1				1
Ryote dori								2															2
Shomen uchi						1																	
Mae geri																							
Ushiro waza ryokata dori		2	2	2																			2

Suwari waza	Kihongi										Oyogi												
	Katame waza					Nage waza					Henka waza					Nage waza							
	Kokyu hô	Ikkyo	Nikyo	Sankyo	Yonkyo	Irimi nage	Kote gaeshi	Shihô nage	Uchikaiten nage	Soto kaiten nage	Tenchi nage	Ganseki otoshi	Hijikime osae	Ude kime nage	Ude garami	Go kyo	Ushiro kiritoshi	Juji garami	Sumi otoshi	Aiki otoshi	Kubi nage	Koshi nage	Kokyu nage
(Gyaku hanmi) katate dori		5	4	4	4	5																	
Kata dori		4	4																				
Ryote dori	5																						
Ryokata dori																							
Katate ryote dori																							
Shomen uchi		5	4			5	4																
Yokomen uchi		2	2	2	2	2	2																
Kubishime (gyaku jujijime)																							
Hagai jime																							