AIKIDO Prüfungstechniken bis zum 1. Kyu CEAB		Tachi waza																	Suwari waza					Hanmi handachi		
		Katate dori Ai hanmi	Katate dori Gyaku hanmi	Ryo sode dori	Ryote dori	Katate ryote dori	Mune dori	Kata dori menuchi	Shomen uchi	Yokomen uchi	Chudan tsuki	Jodan tsuki	Mae geri	Ushiro ryokata dori	Ushiro ryohiji dori	Ushiro ryote dori	Ushiro eri dori	Ushiro katate dori kubi shime	Shomen uchi	Yokomen uchi	Kata dori	Ryokata dori	Ryote dori	Katate dori	Ryote dori	
Shiho nage	Omote	6	5		4	3	2	2	2	4	3	1				3		1						1	1	Nage waza
	Ura		5		4																			1	1	
Irimi nage	Omote										4							1								
	Ura	6	5		3	3		2	6	4	4	4	2			3	1		5							
Uchi kaiten nage			5								3													1		
Soto kaiten nage											3	1														
Aiki otoshi									1																	
Koshi nage								2		2		1				1		2								
Kote gaeshi	Omote		4		3	3		2		4				2	2	3		1								
	Ura	6	5						5		5	3		2					3							
Tenshi nage			4		4					4							2									
Ude kime nage	Omote		4		4									2												
	Ura		4		4						4															
Kokyu nage			5		3	4										1										
Sumi otoshi									1																	
Ushiro kiri otoshi												1														
Ashi barai													2													
Juji garami						3										3										
Kokyu ho																							5			
Ikkyo (ude osae)	Omote	6	5		4	4	2	2	6	3	4	3		2		3	2	2	5	1	4	2		1		Katame waza
	Ura	6	5		4	4	2	2	5	3	4	3		2			2	2	5	1	4	2		1		
Nikyo (kote mawashi)	Omote	5	5					2	4	3		2		2		1	1	1	4		4	2				
	Ura	6	5			4		2	4	3		2		2		1	1	1	4		4	2				
Sankyo (kote hineri)	Omote	4	3						4	3				2		1		1	3		3					
	Ura	4	3						4	3				2		1		1	3							
Uchi kaiten sankyo		4	5				2		4	3	3	2				3		2								
Yonkyo (tekubi osae)	Omote		3						3	2						1			2							
	Ura		3						3	2						1			2							
Gokyo (ude nobashi)									3	2									2							
Hiji kime osae			4								4					3										
Ude garami			2																							
Jiyu waza									2	1	1		1						1							
Niningake – Jiyu waza				2					2																	