

N°	NOMBRE	IAÏ-DO	ATTAQUE	AÏKIDO
1	IPPONME	MAEGIRI		SHOHATTO
2	NIHONME	UKENAGASHI	AIHANMI KATATE DORI	IKKYO
3	SANBONME	USHIROGIRI	GYAKUHANMI	KAITEN NAGE
4	YONHONME	ZENGOGIRI	AIHANMI KATATE DORI	SHIHONAGE
5	GOHONME	SAYU	GYAKUHANMI KATATE DORI	SHIHONAGE
6	ROPPONME	TSUKAOSAE	GYAKUHANMI KATATE DORI	NIKYO
7	NANAHONME	TEKUBI OSAE	AIHANMI KATATE DORI	NIKYO
8	HACHIHONME	KAWASHIZUKI	TSUKI	SANKYO
9	KYUHONME	TSUKEKOMI	TSUKI	KOTEGAESHI
10	JUPPONME	TSUME	SHOMEN UCHI	IRIMINAGE
11	JÛ-IPPONME	SANPOGIRI	SHOMEN UCHI	SANKYO
12	JÛ-NIHONME	SHIHO	SHOMEN UCHI YOKOMEN UCHI	SHIHONAGE
13	JÛ-SANBONME	NUKIA WASE	YOKOMEN UCHI	GOKYO
14	JÛ-YONHONME	TODOME	GYAKUHANMI	YONKYO
15	JÛ-GOHONME	SUEMONOGIRI		