

## Экзаменационные программы Айкидо Ренсинкай на 2026-2027 год

Shokyu (коричневые пояса)		Yudan (2 дан и выше)	
<ol style="list-style-type: none"> <li>1 Migi hanmi kamae</li> <li>2 Hidari Hanmi kamae</li> <li>3 Tai no henko 1</li> <li>4 Hiriki no yosei 1</li> <li>5 Hiriki no yosei 2</li> <li>6 <b>Suwari waza kata mochi hiji shime (1)</b></li> <li>7 <b>Yokomen uchi shiho nage (1)</b></li> <li>8 <b>Shomen uchi shomen irimi nage (2)</b></li> <li>9 Shitei waza</li> <li>10 Shitei waza</li> <li>11 Shitei waza</li> <li>12 Shumatsu dosa 1</li> <li>13 Shumatsu dosa 2</li> </ol>	<ol style="list-style-type: none"> <li>8 Shitei waza</li> <li>9 Shitei waza</li> <li>10 Shitei waza</li> <li>11 Shitei waza</li> <li>12 Shumatsu dosa 1</li> <li>13 Shumatsu dosa 2</li> <li>14 Shitei jiyu waza</li> </ol>	<ol style="list-style-type: none"> <li>1 Tai no henko (1)</li> <li>2 <b>Suwari waza ryote mochi kokyu ho (2)</b></li> <li>3 <b>Shomen tsuki koteqaeshi (1)</b></li> <li>4 Shitei waza</li> <li>5 Shitei waza</li> <li>6 Shitei waza</li> <li>7 Shitei waza</li> <li>8 Shumatsu dosa (1)</li> <li>9 Shumatsu dosa (2)</li> <li>10 Shitei jiyu waza</li> <li>11 Shitei jiyu waza</li> <li>12 Sannin dori jiyu waza. Ha 2 Dan - Ninin dori jiyu waza</li> </ol>	<ul style="list-style-type: none"> <li>※ Yokomen uchi nikajo osae (1) (2)</li> <li>※ Shomen uchi sankajo osae (1) (2)</li> <li>※ Yokomen uchi sankajo osae (1) (2)</li> <li>※ Katate mochi sankajo osae (1)(2)</li> <li>※ Hiji mochi sankajo osae (1) (2)</li> <li>※ Kata mochi sankajo osae (1) (2)</li> <li>※ Mune mochi sankajo osae (1) (2)</li> <li>Ushiro ryote mochi sankajo osae (1) (2)</li> <li>Ushiro katate eri mochi sankajo osae (1) (2)</li> <li>Ushiro ryohiji mochi sankajo osae (1) (2)</li> <li>Ushiro ryokata mochi sankajo osae (1) (2)</li> <li>※ Shomen uchi yonkajo osae (1) (2)</li> <li>※ Yokomen uchi yonkajo osae (1) (2)</li> <li>※ Katate mochi yonkajo osae (1) (2)</li> <li>※ Hiji mochi yonkajo osae (1) (2)</li> <li>※ Kata mochi yonkajo osae (1) (2)</li> <li>※ Katate mochi sokumen irimi nage (1) (2)</li> <li>※ Kata mochi sokumen irimi nage (1) (2)</li> <li>※ Shomen uchi sokumen irimi nage (1) (2)</li> <li>※ Yokomen uchi sokumen irimi nage (1) (2)</li> <li>Ushiro ryote mochi sokumen irimi nage (1) (2)</li> <li>Ushiro ryohiji mochi sokumen irimi nage (1) (2)</li> <li>Ushiro ryokata mochi sokumen irimi nage (1) (2)</li> <li>※ Shomen uchi shomen irimi nage (1) (2)</li> <li>※ Yokomen uchi shomen irimi nage (1) (2)</li> <li>※ Katate mochi shomen irimi nage (1) (2)</li> <li>※ Ryote mochi shomen irimi nage (1) (2)</li> <li>※ Shomen uchi hijishime (1) (2)</li> <li>※ Yokomen uchi hijishime (1) (2)</li> <li>※ Katate mochi hijishime (1) (2)</li> <li>※ Ryote mochi hijishime (1) (2)</li> <li>※ Kata mochi hijishime (1) (2)</li> <li>※ Mune mochi hijishime (1) (2)</li> <li>Ushiro ryote mochi hijishime (1) (2)</li> <li>※ Shomen uchi hijiate kokyu nage (1) (2)</li> <li>※ Yokomen uchi hijiate kokyu nage (1) (2)</li> <li>※ Katate mochi hijiate kokyu nage (1) (2)</li> <li>※ Shomen tsuki hijiate kokyu nage (2)</li> <li>Ushiro ryote mochi hijiate kokyu nage (1) (2)</li> <li>※ Shomen uchi koteqaeshi (1) (2)</li> <li>※ Katate mochi koteqaeshi (1) (2)</li> <li>※ Ryote mochi koteqaeshi (1) (2)</li> <li>※ Shomen tsuki koteqaeshi (1) (2)</li> <li>Ushiro ryote mochi koteqaeshi (1) (2)</li> <li>※ Ryote mochi tenchi nage (2)</li> <li>Shomen uchi kokyu nage</li> <li>Yokomen uchi kokyu nage</li> <li>Katate mochi kokyu nage</li> <li>Ryote mochi kokyu nage</li> <li>Shomen tsuki kokyu nage</li> <li>Suwari waza ryote mochi kokyu ho (1) (3) (4) (5)</li> </ul>
<p style="text-align: center;"><b>Shitei waza</b></p> <p style="text-align: center;">Katate mochi shihonage (1) (2) Ryote mochi shihonage (1) (2) Yokomen uchi shihonage (1) (2) ※Shomen uchi ikkajo osae (1) (2) ※Yokomen uchi ikkajo osae (1) (2) ※Kata mochi ikkajo osae (1) (2) Ushiro ryote mochi ikkajo osae (1) (2) ※Katate mochi nikajo osae (1) (2) ※Kata mochi nikajo osae (1) (2) ※Shomen uchi nikajo osae (1) (2) ※Shomen uchi sankajo osae (1) (2) ※Yokomen uchi sankajo osae (1) (2) Ushiro ryote mochi sankajo osae (1) (2) Ushiro katate eri mochi ikkajo osae (1) (2) ※ Katate mochi nikajo osae (1) (2) ※ Kata mochi nikajo osae (1) (2) ※ Shomen uchi nikajo osae (1) (2) ※ Yokomen uchi nikajo osae (1) (2) ※ Shomen uchi sankajo osae (1) (2) ※ Yokomen uchi sankajo osae (1) (2) ※ Kata mochi sankajo osae (1) (2) Ushiro ryote mochi sankajo osae (1) (2) Ushiro katate eri mochi sankajo osae (1) (2) ※ Shomen uchi yonkajo osae (1) (2) ※ Yokomen uchi yonkajo osae (1) (2) ※ Katate mochi sokumen irimi nage (1) (2) ※ Kata mochi sokumen irimi nage (1) (2) ※ Shomen uchi shomen irimi nage (1) (2) ※ Yokomen uchi shomen irimi nage (1) (2) ※ Shomen uchi hijishime (1) (2) ※ Yokomen uchi hijishime (1) (2) ※ Kata mochi hijishime (1) (2) ※ Mune mochi hijishime (1) (2) ※ Shomen uchi koteqaeshi (1) (2) ※ Yokomen uchi koteqaeshi (1) (2) ※ Ryote mochi tenchi nage (1) Suwari waza ryote mochi kokyu ho (1)(2)</p> <p style="text-align: center;">※ <b>Исполнение может включать техники сидя</b></p>	<p style="text-align: center;"><b>Shitei jiyu waza</b></p> <p style="text-align: center;">Shomen uchi jiyu waza Yokomen uchi jiyu waza Katate mochi jiyu waza Ryote mochi jiyu waza Shomen tsuki jiyu waza</p> <p style="text-align: center;"><b>Shitei waza</b></p> <p style="text-align: center;">Katate mochi shihonage (1) (2) Ryote mochi shihonage (1) (2) Yokomen uchi shihonage (1) (2) Hanmi handachi katate mochi shihonage (1) (2) Hanmi handachi ryote mochi shihonage ※ Shomen uchi ikkajo osae (1) (2) ※ Yokomen uchi ikkajo osae (1) (2) ※ Katate mochi ikkajo osae (1) (2) ※ Kata mochi ikkajo osae (1) (2) Ushiro ryote mochi ikkajo osae (1) (2) Ushiro katate eri mochi ikkajo osae (1) (2) ※ Katate mochi nikajo osae (1) (2) ※ Kata mochi nikajo osae (1) (2) ※ Shomen uchi nikajo osae (1) (2) ※ Yokomen uchi nikajo osae (1) (2) ※ Shomen uchi sankajo osae (1) (2) ※ Yokomen uchi sankajo osae (1) (2) ※ Kata mochi sankajo osae (1) (2) Ushiro ryote mochi sankajo osae (1) (2) Ushiro katate eri mochi sankajo osae (1) (2) ※ Shomen uchi yonkajo osae (1) (2) ※ Yokomen uchi yonkajo osae (1) (2) ※ Katate mochi sokumen irimi nage (1) (2) ※ Kata mochi sokumen irimi nage (1) (2) ※ Shomen uchi shomen irimi nage (1) (2) ※ Yokomen uchi shomen irimi nage (1) (2) ※ Shomen uchi hijishime (1) (2) ※ Yokomen uchi hijishime (1) (2) ※ Kata mochi hijishime (1) (2) ※ Mune mochi hijishime (1) (2) ※ Shomen uchi hijiate kokyu nage (1) (2) ※ Katate mochi hijiate kokyu nage (1) (2) ※ Shomen uchi koteqaeshi (1) (2) ※ Yokomen uchi koteqaeshi (1) (2) ※ Shomen tsuki koteqaeshi (1) (2) ※ Ryote mochi tenchi nage (1) (2) Suwari waza ryote mochi kokyu ho (1) (2) (3)</p>	<p style="text-align: center;"><b>Shitei jiyu waza</b></p> <p style="text-align: center;">Shomen uchi jiyu waza Yokomen uchi jiyu waza Katate mochi jiyu waza Ryote mochi jiyu waza Shomen tsuki jiyu waza Kata mochi jiyu waza Shomen yokomen uchi jiyu waza Ushiro ryote mochi jiyu waza Ushiro ryohiji mochi jiyu waza Ushiro ryokata mochi jiyu waza Tanto dori jiyu waza Ken dori jiyu waza</p> <p style="text-align: center;"><b>Shitei waza</b></p> <p style="text-align: center;">Katate mochi shihonage (1) (2) Ryote mochi shihonage (1) (2) Yokomen uchi shihonage (1) (2) Shomen uchi shihonage Hanmi handachi katate mochi shihonage (1) (2) Hanmi handachi ryote mochi shihonage ※ Shomen uchi ikkajo osae (1) (2) ※ Yokomen uchi ikkajo osae (1) (2) ※ Hiji mochi ikkajo osae (1) (2) ※ Kata mochi ikkajo osae (1) (2) ※ Mune mochi ikkajo osae (1) (2) Ushiro ryote mochi ikkajo osae (1) (2) Ushiro katate eri mochi ikkajo osae (1) (2) Ushiro ryohiji mochi ikkajo osae (1) (2) Ushiro ryokata mochi ikkajo osae (1) (2) Ushiro eri mochi ikkajo osae (1) (2) ※ Katate mochi hijishime (1) (2) Ushiro eri mochi ikkajo osae (1) (2) ※ Katate mochi hijishime (1) (2) ※ Ryote mochi nikajo osae (1) (2) ※ Katate eri mochi nikajo osae (1) (2) ※ Kata mochi nikajo osae (1) (2) ※ Mune mochi nikajo osae (1) (2) ※ Hiji mochi nikajo osae (1) (2) ※ Shomen uchi nikajo osae (1) (2)</p>	<p style="text-align: center;"><b>Shitei waza</b></p> <p style="text-align: center;">Katate mochi shihonage (1) (2) Ryote mochi shihonage (1) (2) Yokomen uchi shihonage (1) (2) Shomen uchi shihonage Hanmi handachi katate mochi shihonage (1) (2) Hanmi handachi ryote mochi shihonage Ushiro ryote mochi sankajo osae (1) (2) Ushiro katate eri mochi sankajo osae (1) (2) ※ Yokomen uchi ikkajo osae (1) (2) ※ Hiji mochi ikkajo osae (1) (2) ※ Kata mochi ikkajo osae (1) (2) ※ Mune mochi ikkajo osae (1) (2) Ushiro ryote mochi ikkajo osae (1) (2) Ushiro katate eri mochi ikkajo osae (1) (2) Ushiro ryohiji mochi ikkajo osae (1) (2) Ushiro ryokata mochi ikkajo osae (1) (2) Ushiro eri mochi ikkajo osae (1) (2) ※ Katate mochi hijishime (1) (2) Ushiro eri mochi ikkajo osae (1) (2) ※ Katate mochi hijishime (1) (2) ※ Ryote mochi nikajo osae (1) (2) ※ Katate eri mochi nikajo osae (1) (2) ※ Kata mochi nikajo osae (1) (2) ※ Mune mochi nikajo osae (1) (2) ※ Hiji mochi nikajo osae (1) (2) ※ Shomen uchi nikajo osae (1) (2)</p>
<p style="text-align: center;"><b>Shodan (1 Дан)</b></p> <ol style="list-style-type: none"> <li>1 Migi hanmi kamae</li> <li>2 Hidari Hanmi kamae</li> <li>3 Hiriki no yosei 1</li> <li>4 Hiriki no yosei 2</li> <li>5 <b>Suwari waza katate mochi yonkajo osae (1)</b></li> <li>6 <b>Ushiro waza katate eri mochi sankajo osae (2)</b></li> <li>7 <b>Shomen uchi sokumen irimi nage (2)</b></li> </ol>			<p style="text-align: center;">※ <b>Исполнение может включать техники сидя</b></p>