

	Suwarī Waza	Hanmi Handachi Waza	Ushiro Waza	Tachi Waza
Prüfungsordnung 'Aikido Dojo Frankfurt' 5. Kyū	Katate Dori	Katate Dori	Ushiro Ryōte Dori*	Katate Dori
	Ai Hanmi Katate Dori	Ryōte Dori	Ushiro Ryō Hiji Dori	Ai Hanmi Katate Dori
	Ryōte Dori	Kata Dori	Ushiro Ryōkata Dori	Ryōte Dori
	Kata Dori	Ryōkata Dori	Ushiro Eri Dori	Katate Ryōte Dori**
	Ryōkata Dori	Shōmen Uchi	Ushiro Katate Dori Kubi Shime	Kata Dori
	Shōmen Uchi	Ushiro Ryōkata Dori		Ryōkata Dori
	Yokomen Uchi			Kata Dori Men Uchi
				Muna Dori
				Shōmen Uchi
				Yokomen Uchi
				Chūdan Tsuki
			Jōdan Tsuki	
Ikkyū				
Shihō Nage				
Irimi Nage				
Tenchi Nage	5			
Kokyū Hō				

	Suwarī Waza	Hanmi Handachi Waza	Ushiro Waza	Tachi Waza
Prüfungsordnung 'Aikido Dojo Frankfurt' 4. Kyū	Katate Dori	Katate Dori	Ushiro Ryōte Dori*	Katate Dori
	Ai Hanmi Katate Dori	Ryōte Dori	Ushiro Ryō Hiji Dori	Ai Hanmi Katate Dori
	Ryōte Dori	Kata Dori	Ushiro Ryōkata Dori	Ryōte Dori
	Kata Dori	Ryōkata Dori	Ushiro Eri Dori	Katate Ryōte Dori**
	Ryōkata Dori	Shōmen Uchi	Ushiro Katate Dori Kubi Shime	Kata Dori
	Shōmen Uchi	Ushiro Ryōkata Dori		Ryōkata Dori
	Yokomen Uchi			Kata Dori Men Uchi
				Muna Dori
				Shōmen Uchi
				Yokomen Uchi
				Chūdan Tsuki
			Jōdan Tsuki	
Ikkyū	4			
Nikkyō				
Sankyō			4	
Shihō Nage				
Ude Kime Nage				
Irimi Nage	4			
Tenchi Nage				
Kote Gaeshi				
Uchi Katien Nage				
Kokyū Nage				
Kokyū Nage Naname***				
Kokyū Hō	5			

	Suwarī Waza	Hanmi Handachi Waza	Ushiro Waza	Tachi Waza
Prüfungsordnung 'Aikido Dojo Frankfurt' 3. Kyū	Katate Dori	Katate Dori	Ushiro Ryōte Dori*	Katate Dori
	Ai Hanmi Katate Dori	Ryōte Dori	Ushiro Ryō Hiji Dori	Ai Hanmi Katate Dori
	Ryōte Dori	Kata Dori	Ushiro Ryōkata Dori	Ryōte Dori
	Kata Dori	Ryōkata Dori	Ushiro Eri Dori	Katate Ryōte Dori**
	Ryōkata Dori	Shōmen Uchi	Ushiro Katate Dori Kubi Shime	Kata Dori
	Shōmen Uchi	Ushiro Ryōkata Dori		Ryōkata Dori
	Yokomen Uchi			Kata Dori Men Uchi
				Muna Dori
				Shōmen Uchi
				Yokomen Uchi
				Chūdan Tsuki
			Jōdan Tsuki	
Ikkyū	3			
Nikkyō	3			
Sankyō	4			
Yonkyō				
Shihō Nage				
Ude Kime Nage				
Irimi Nage	4			
Tenchi Nage				
Kote Gaeshi				
Uchi Katien Nage		3		
Soto Katien Nage				
Kokyū Nage				

