



Järfälla aikido Høstterminen 2024 - Vuxenschema

| Vecka | Tekniker | Tisdag kl 19-21 | Torsdag kl 19-21 | Lørdag kl 10-12 |
|-------|---|--------------------|---------------------|--------------------|
| 34 | Aihanmi katatedori (Ikkyo, Irimi nage) Jo suburi Bokken suburi | 20/8 MH | 20/8 HEL | 24/8 MH/HEL |
| 35 | Gyakohanmi katatedori (Shihonage + Hhw, Kokyo-ho, Ikkyo, Nikyo, Sankyo, Yonkyo) Jo suburi 1-5 | 27/8 MH | 29/8 HEL | 31/8 MH/HEL |
| 36 | Shomenuchi (Iriminage + S-w, Ikkyo + S-w, Nikyo + S-w, Sankyo, Yonkyo) Jo suburi 1-10 | 3/9 MH | 5/9 HEL | 7/9 MH/HEL |
| 37 | Yokomenuchi (Shihonage + H-hw, Ikkyo, Iriminage, Kokyonage, Udekimenage) Jo suburi 11-20 | 10/9 MH | 12/9 HEL | 14/9 MH/HEL |
| 38 | Gyakuhanmi katatedori (kaiten osae, kaitennage, kokyunage) Jo suburi 11-20 | 17/9 MH | 19/9 HEL | 21/9 MH/HEL |
| 39 | Katadori (Ikkyo + S-w, Kokyonage) Bokken Suburi 1-7 | 24/9 MH | 26/9 HEL | 28/9 MH/HEL |
| 40 | Katate ryotedori (Ikkyo, Nikyo, Kokyonage, Kotegaeshi) Bokken Suburi 1-7, 13 katan | 1/10 MH | 3/10 HEL | 5/10 MH/HEL |
| 41 | Ushiro ryotedori (Ikkyo + Hh-w, Kotegaeshi, Sankyonage, Ushiro kiritoshi, Iriminage, Kokyonage, jujigarami) | 8/10 MH | 10/10 HEL | 12/10 MH/HEL |



Järfälla aikido Höstterminen 2024 - Vuxenschema

| Vecka | Tekniker | Tisdag kl 19-21 | Torsdag kl 19-21 | Lördag kl 10-12 |
|-------|---|--------------------|---------------------|------------------------|
| 42 | Ryotedori (Tenchinage, Shihonage + H-hw, Kotegaeshi, Kokyonage) Ken Tai Jo 1-2, Jo awase 1-4 | 15/10 MH | 17/10 HEL | 19/10 MH/HEL |
| 43 | Tsuki/Tanto (Ikkyo, Yonkyo, Iriminage, Shihonage) Ken Tai Jo 1-2, 31-kata, Jo awase 5-8 | 22/10 MH | 24/10 HEL | 26/10 MH/HEL |
| 44 | Muna dori (Ikkyo, Uchikaiten sankyo, Shihonage) Kumitachi 1, 31 katan, Jo awase 1-8 | 29/10 MH | 31/3 HEL | 2/11 Allhelgona |
| 45 | Shomenuchi (Kaitennage, Ikkyo + Hh-w, Iriminage + Hh-w, Koshinage) Kumitachi 1-2, 31-kata, Jo awase 1-8 | 5/11 MH | 7/11 HEL | 9/11 MH/HEL |
| 46 | Yokomenuchi (s-w, Hh-w Nikkyo, kotegeashi, gokyo(tanto)) Kumitachi 1-3, 13 katan, Jo awase 1-8 | 12/11 MH | 14/11 HEL | 16/11 MH/HEL |
| 47 | Ushirodori (Ryohijidori: Kotegashi; Katate kubijime: Sankyo, Kokyonage; Ryokatadori: Kokyonage + Hh-w; Eridori: Ikkyo, Iriminage) Kumitachi 1-3, 13-katan, Bokken awase 1-7 | 19/11 MH | 21/11 HEL | 23/11 MH/HEL |
| 48 | Katadori-menuchi (Ikkyo, Nikyo, Iriminage) Kumitachi 4-5, Bokken happogiri, Bokken awase 1-7 | 26/11 MH | 28/11 HEL | 30/11 MH/HEL |



Järfälla aikido Høstterminen 2024 - Vuxenschema

| Vecka | Tekniker | Tisdag kl 19-21 | Torsdag kl 19-21 | Lørdag kl 10-12 |
|-------|--|--------------------|---------------------|---------------------------------|
| 49 | Katate ryotedori (Sankyo, Yonkyo, kokyo ho, H-hw shihonage) Kumitachi 4-5, Bokken Suburi 1-7, Bokken awase 1-7 | 3/12 MH | 5/12 HEL | 7/12 MH/HEL |
| 50 | Tsuki/Tanto (Kokyonage, Kotegashi + Hh-w, Kaitennage, Ushiro kiriotoshi, hiji kime osae) Kumitachi 1-5, 31-kata, Jo suburi 1-20 | 10/12 MH | 12/12 HEL | 14/12 Gradering 10-12 |

MH – Magnus Hartman

HEL – Hans-Erik Lehndal

 – Ingen ordinarie träning