



Järfälla aikido Vårterminen 2024 - Barnschema

Vecka	Tekniker	Tisdag kl. 18-19	Torsdag kl. 18-19
34	Ikkyo omote/ura Irimi nage [Aihanmi katatedori]	20/8 SANDRA	20/8 SANDRA
35	Tai no tankan ho Kokyonage Shihonage ura [Gyakohanmi katatedori]	27/8 SANDRA	29/8 SANDRA
36	Ikkyo omote Ikkyo ura Irimi nage [Katadori]	3/9 SANDRA	5/9 SANDRA
37	Ikkyo omote/ura Iriminage Kotegaeshi [Suwariwaza Shomenuchi]	10/9 SANDRA	12/9 SANDRA
38	Sankyo omote Sankyo ura [Gyakohanmi katatedori]	17/9 SANDRA	19/9 SANDRA
39	Nikyo omote Nikyo ura [Gyakohanmi katatedori]	24/9 SANDRA	26/9 SANDRA
40	Kokyonage Tenchinage [Ryotedori]	1/10 SANDRA	3/10 SANDRA
41	Jo 6-kata	8/10 SANDRA	10/10 SANDRA
42	Uchi kaiten nage Soto kaiten nage [Gyakohanmi katatedori]	15/10 SANDRA	17/10 SANDRA



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43	Tenchinage Kokyu nage [Ryotedori]	22/10 SANDRA	24/10 SANDRA
44	Höstlov		
45	Ikkyo omote/ura Iriminage Kotegaeshi [Shomenuchi]	5/11 SANDRA	7/11 SANDRA
46	Bokken 1-3	12/11 SANDRA	14/11 SANDRA
47	Graderingskoll	19/11 SANDRA	21/11 SANDRA
48	Graderingsträning	26/11 SANDRA	28/11 SANDRA
49	Graderingsträning	3/12 SANDRA	5/12 SANDRA
50	Graderingsträning	10/12 SANDRA	14/12 Gradering

Övrigt

Mae/ushiro/tobikoshi ukemi

Shikko mae/ushiro

Ikkyo undo mae/shiho/happo

Tenkan/Irimitenkan/irimitenkan kaiten

Suwari waza ryotedori kokyu ho