



## Järfälla aikido Vårterminen 2025 - Vuxenschema

Vecka	Tekniker	Tisdag kl 19-21	Torsdag kl 19-21	Lördag kl 11-12.30
2	Aihanmi katatedori (Ikkyo, Irimi nage)  Jo suburi Bokken suburi	7/1  MH	9/1  HEL	11/1 MH/HEL
3	Gyakohanmi katatedori (Shihonage + Hhw, Kokyo-ho, Ikkyo, Nikyo, Sankyo, Yonkyo)  Jo suburi 1-5	14/1  MH	16/1  HEL	18/1 Januariläger (9-17)
4	Shomenuchi (Iriminage + S-w, Ikkyo + S-w, Nikyo + S-w, Sankyo, Yonkyo)  Jo suburi 1-10	21/1  MH	23/1  HEL	25/1 MH/HEL
5	Yokomenuchi (Shihonage + H-hw, Ikkyo, Iriminage, Kokyonage, Udekimenage)  Jo suburi 11-20	28/1  MH	30/1  HEL	1/2 MH/HEL
6	Gyakuhanmi katatedori (kaiten osae)  Jo suburi 11-20	4/2  MH	6/2  HEL	8/2 MH/HEL
7	Katadori (Ikkyo + S-w, Kokyonage)  Bokken Suburi 1-7	11/2  MH	13/2  HEL	15/2 MH/HEL
8	Katate-ryotedori (Ikkyo, Nikyo, Kokyonage, Kotegaeshi)  Bokken Suburi 1-7, 13 katan	18/2  MH	20/2  HEL	22/2 (11-12.15) MH/HEL
9	Ushiro ryotedori (Ikkyo + Hh-w, Kotegaeshi, Sankyonage, Ushirokiritoshi, Iriminage, Kokyonage, jujigarami)	25/2  MH	27/2  HEL	1/2 MH/HEL



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10	Ryotedori (Tenchinage, Shihonage + H-hw, Kotegaeshi, Kokyonage)  Jo awase 1-4	4/3  MH	6/3  HEL	8/3 (11-12.15) MH/HEL
11	Tsuki/Tanto (Ikkyo, Yonkyo, Iriminage, Shihonage)  31-kata, Jo awase 5-8	11/3  MH	13/3  HEL	15/3 (11-12.15) MH/HEL
12	Mune dori (Ikkyo, Uchikaiten sankyo, Shihonage)  31-kata, Jo awase 1-8	18/3  MH	20/3  HEL	22/3 (11-12.15) MH/HEL
13	Shomenuchi (Kaitennage, Ikkyo + Hh-w, Iriminage + Hh-w, Koshinage)  31-kata, Jo awase 1-8	25/3  MH	27/3  HEL	29/3 (11-12.15) MH/HEL
14	Yokomen uchi (s-w,Hh-w, gokyo(tanto))  13-kata, Jo awase 1-8	1/4  MH	3/4  HEL	5/4 (11-12.15) MH/HEL
15	Ushirodori (Ryohijidori: Kotegashi; Katate kubijime: Sankyo, Kokyonage; Ryokatadori: Kokyonage + Hh-w; Eridori: Ikkyo, Iriminage)  13-kata, Bokken awase 1-7	8/4  MH	10/4  HEL	12/4  MH/HEL
16	Katadori-menuchi (Ikkyo, Nikyo, Iriminage)  Bokken happogiri, Bokken awase 1-7	15/4  MH	17/4  Skärtorsdag	19/4  Påskafton
17	Katate ryotedori (Sankyo, Yonkyo, Kokyonage, Kotegaeshi)  Bokken Suburi 1-7, Bokken awase 1-7	22/4  MH	24/4  HEL	26/4 (11-12.15) MH/HEL



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18	Tsuki/Tanto (Kokyonage, Kotegashi + Hh-w, Kaitennage, Ushiro kiriotoshi, hiji kime osae)  31-kata, Jo suburi 1-20	29/4  MH	1/5  1:a maj	3/5 (11-12.15) MH/HEL
19	Graderingskoll	6/5  MH	8/5  HEL	10/5 (11-12.15) MH/HEL
20	Graderingsträning	13/5  MH	15/5  HEL	17/5 (gymnasterna lånar omklädningsrum) MH/HEL
21	Graderingsträning	20/5  MH	22/5  HEL	24/5  MH/HEL
22	Graderingsträning	27/5  MH	29/5 Kristi himmelfärd	31/5  MH/HEL
23	Graderingsträning	3/6  MH	5/6  HEL	7/6  Gradering
24	Graderingsträning	10/6  MH	12/6  HEL	14/6  MH/HEL

**MH** – Magnus Hartman

**HEL** – Hans-Erik Lehndal

 – Ingen ordinarie träning