

## Nikyu 2 kyu

### Suwariwaza

Ikkyo

shomen-uchi  
katadori

Nikyo

shomen-uchi  
katadori

Sankyo

shomen-uchi  
katadori

Yonkyo

shomen-uchi  
katadori

Kokyu-ho

ryotedori

### Hanmi hantachiwaza

Shihonage

katatedori

### Tachiwaza

Ikkyo

shomen-uchi  
katadori

Nikyo

shomen-uchi  
katadori

Sankyo

shomen-uchi  
katadori

Yonkyo

shomen-uchi  
katadori

Iriminage

shomen-uchi  
tsuki  
katatedori

Kotegaeshi

shomen-uchi  
tsuki  
katatedori

Kaitennage

katatedori

Tenchinage

ryotedori

Jiyuwaza

katatedori



### Vapen

Aikiken

Ikkyo omote

### Aikijo

Ikkyo omote

### Kyusho

Återställningsteknik hjärta

Magmeridianens 5 punkt, atemi

Trippelvärmarmarmeridianens 17 punkt, atemi