



Järfälla aikido Vårterminen 2024 - Vuxenschema

Vecka	Tekniker	Tisdag kl 19-21	Torsdag kl 19-21	Lördag kl 10-12
2	Aihanmi katatedori (Ikkyo, Irimi nage) Jo suburi Bokken suburi	9/1 MH	11/1 HEL	13/1 Minnesläger Sthlm Aikikai
3	Gyakohanmi katatedori (Shihonage + Hhw, Kokyo-ho, Ikkyo, Nikyo, Sankyo, Yonkyo) Jo suburi 1-5	16/1 MH	18/1 HEL	20/1 Januariläger
4	Shomenuchi (Iriminage + S-w, Ikkyo + S-w, Nikyo + S-w, Sankyo, Yonkyo) Jo suburi 1-10	23/1 MH	25/1 HEL	27/1 MH/HEL
5	Yokomenuchi (Shihonage + H-hw, Ikkyo, Iriminage, Kokyonage, Udekimenage) Jo suburi 11-20	30/1 MH	1/2 HEL	3/2 MH/HEL
6	Gyakuhanmi katatedori (kaiten osae) Jo suburi 11-20	6/2 MH	8/2 HEL	10/2 MH/HEL
7	Katadori (Ikkyo + S-w, Kokyonage) Bokken Suburi 1-7	13/2 MH	15/2 HEL	17/2 MH/HEL
8	Katate-ryotedori (Ikkyo, Nikyo, Kokyonage, Kotegaeshi) Bokken Suburi 1-7, 13 katan	20/2 MH	22/2 HEL	24/2 MH/HEL
9	Ushiro ryotedori (Ikkyo + Hh-w, Kotegaeshi, Sankyonage, Ushirokiritoshi, Iriminage, Kokyonage, jujigarami)	27/2 MH	29/2 HEL	2/2 MH/HEL



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10	Ryotedori (Tenchinage, Shihonage + H-hw, Kotegaeshi, Kokyonage) Ken Tai Jo 1-2, Jo awase 1-4	5/3 MH	7/3 HEL	9/3 MH/HEL
11	Tsuki/Tanto (Ikkyo, Yonkyo, Iriminage, Shihonage) Ken Tai Jo 1-2, 31-kata, Jo awase 5-8	12/3 MH	14/3 HEL	16/3 MH/HEL
12	Muna dori (Ikkyo, Uchikaiten sankyo, Shihonage) Kumitachi 1, 31 katan, Jo awase 1-8	19/3 MH	21/3 HEL	23/3 MH/HEL
13	Shomenuchi (Kaitennage, Ikkyo + Hh-w, Iriminage + Hh-w, Koshinage) Kumitachi 1-2, 31-kata, Jo awase 1-8	26/3 MH	28/3 HEL	30/3 MH/HEL
14	Yokomen uchi (s-w,Hh-w, gokyo(tanto)) Kumitachi 1-3, 13 katan, Jo awase 1-8	2/4 MH	4/4 HEL	6/4 MH/HEL
15	Ushirodori (Ryohijidori: Kotegashi; Katate kubijime: Sankyo, Kokyonage; Ryokatadori: Kokyonage + Hh-w; Eridori: Ikkyo, Iriminage) Kumitachi 1-3, 13-katan, Bokken awase 1-7	9/4 MH	11/4 HEL	13/4 MH/HEL
16	Katadori-menuchi (Ikkyo, Nikyo, Iriminage) Kumitachi 4-5, Bokken happogiri, Bokken awase 1-7	16/4 MH	18/4 HEL	20/4 MH/HEL



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17	Katate ryotedori (Sankyo, Yonkyo, Kokyonage, Kotegaeshi) Kumitachi 4-5, Bokken Suburi 1-7, Bokken awase 1-7	23/4 MH	25/4 HEL	27/4 MH/HEL
18	Tsuki/Tanto (Kokyonage, Kotegashi + Hh-w, Kaitennage, Ushiro kiritoshi, hiji kime osae) Kumitachi 1-5, 31-kata, Jo suburi 1-20	30/4 Valborg	2/5 HEL	4/5 MH/HEL
19	Graderingskoll	7/5 MH	9/5 Kristi himmels- färd	11/5 Gymnastik tävling
20	Graderingsträning	14/5 MH	16/5 HEL	18/5 Gymnastik uppvisning
21	Graderingsträning	21/5 MH	23/5 HEL	25/5 MH/HEL
22	Graderingsträning	28/5 MH	30/5 HEL	1/6 MH/HEL
23	Graderingsträning	4/6 MH	6/6 National- dagen	8/6 Gradering

MH – Magnus Hartman

HEL – Hans-Erik Lehdal

 – Ingen ordinarie träning