Método Nacional de Aikido

DEFENSAS	ATAQUES																																	
	TACHI WAZA															USHIRO WAZA						HANMI HANTACHI WAZA						SUWARI WAZA						
	AIHANMI KATATE DORI	KATATE DORI	KATATE RYO TE DORI	RYO TE DORI	KATA DORI	RYO KATA DORI	SHO MEN UCHI	YOKO MEN UCHI	JODAN TSUKI	CHUDAN TSUKI	MUNE DORI	MUNE DORI MEN UCHI	KATA DORI MEN UCHI	MAE GERI		ERI DORI	RYO TE DORI	RYO KATA DORI	RYO HUI DORI	KATATE DORI KUBI SHIME		KATATE DORI	RYO TE DORI	SHO MEN UCHI	KATA DORI	RYO KATA DORI		RYO TE DORI	KATA DORI	RYO KATA DORI	SHO MEN UCHI	CHUDAN TSUKI	KATA DORI MEN UCHI	JODAN TSUKI	
IKKYO	A	A	V	N			A	V	N		Z	M	Z			Z	V	Z		Z		M							A	Z	A			Z	
NIKYO		N	V				A	Z	Z			M				M		Z		M									N		N				
SANKYO	A	V					N	Z	Z			M				M				M									V	M	V				
YONKYO		V					V	Z									M													M					
GOKYO							V	Z																											
UCHI KAITEN SANKYO							N	V		V	Z																								
UCHI KAITEN NAGE	A	V																				M													
SOTO KAITEN NAGE									M	V																					Z				
USHIRO KIRI OTOSHI									M																										
IRIMI NAGE	A			V			A	N	M	A			Z	Z		M	V	Z	Z												V		M		
KOTE GAESHI	A		N	V			A	N	V	A			Z				V	Z	Z												V	Z	M		
SHI HO NAGE	A	A		N				N	V		Z		Z				V					M	M												
TEN CHIN NAGE		A		N				N																											
UDE KIME NAGE		A		N				N		N																									
KOKYU NAGE		A		V													M																M		
KOSHI NAGE								Z	M			M	Z				M																		
KOKYU HO																												N							
JIJU WAZA								M		M				M																	M				
AIKI OTOSHI																																			
JUJI GARAMI																																			
HIJI KIME OSAE																																			
SUKUI NAGE																																			
KU CHI KI TAOSHI																																			