



AIKIDO

Programma d'esame Sakitama Dojo

1° KYU



TACHIWAZA

KATATETORI AIHANMI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Shihonage	omote / ura
Kotegaeshi	
Udekimenage	omote / ura
Sankyo	omote / ura
Yonkyo	omote / ura
Koshinage	

KATATETORI GYAKUHANMI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Shihonage	omote / ura
Kotegaeshi	
Sumiotoshi	
Tencinage	omote / ura
Udekimenage	omote / ura
Sankyo	omote / ura
Yonkyo	omote / ura
Uchikaitenage	omote / ura
Sotokaitenage	omote / ura
Koshinage	
Udegarami	
Kokyunage	

RYOTETORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura
Iriminage	
Kotegaeshi	
Tenchinage	omote / ura
Udekimenage	omote / ura
Koshinage	
Kokyunage	

SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
shihonage	omote / ura
Kotegaeshi	
Sumiotoshi	
Sankyo	omote / ura
Uchikaiten sankyo	
Yonkyo	omote / ura
Uchikaitenage	omote / ura
Sotokaitenage	omote / ura
Gokkyo	
Kokyunage	

YOCOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura
Iriminage	
Kotegaeshi	
Sumiotoshi	
Sankyo	omote / ura
Yonkyo	omote / ura
Gokkyo	
Koshinage	
Kokyunage	

KATATORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Sankyo	omote / ura
Udegarami	
Sankyo	omote / ura



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...TACHIWAZA

KATATERYOTETORI

Ikkyo	omote / ura
Nikkyo	
Shihonage	omote / ura
Iriminage	
Kotegaeshi	
Udekimenage	omote / ura
Koshinage	
Jujigarami	
Kokyunage	

CHUDANZUKI

Ikkyo	omote / ura
Iriminage	
Kotegaeshi	
Sumiotoshi	
Sotokaitenage	omote / ura
Uchikaitenage	omote / ura
Hijikimeosae	

JODANZUKI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Shionage	omote / ura

KATATETORI MENUCHI

Ikkyo	omote / ura
Shionage	omote / ura
Iriminage	
Kotegaeshi	
Kokyunage	

SUWARIWAZA

KATATETORI AIHANMI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Kotegaeshi	
Sankyo	omote / ura
Yonkyo	omote / ura

KATATETORI GYAKUHANMI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Kotegaeshi	
Sankyo	omote / ura
Yonkyo	omote / ura

RYOTETORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Shihonage	omote / ura
Kotegaeshi	
Sankyo	omote / ura
Kokyu ho	

SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Kotegaeshi	
Sankyo	omote / ura
Yonkyo	omote / ura

YOKOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shionage	omote / ura
Iriminage	
Kotegaeshi	
Sankyo	omote / ura
Yonkyo	omote / ura



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USHIROWAZA

RYOTETORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Shihonage	omote / ura
Kotegaeshi	
Sankyo	omote / ura
Yonkyo	omote / ura
Jujigarami	
Hijikimeosae	
Koshinage	
Kokyunage	

RYOKATATORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura
Sankyo	omote / ura
Aikiotoshi	
Jujigarami	
Hijikimeosae	
Kokyunage	

HANMIHANTACHIWAZA

KATATETORI GYAKUHANMI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura
Iriminage	
Kotegaeshi	
Sumiotoshi	
Kokyunage	

RYOTETORI

Shihonage	omote / ura
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SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Kotegaeshi	