



PROGRAMMA D'ESAME SAKITAMA DOJO

合氣道

1° DAN

TACHI WAZA

AI HANMI KATATE DORI

Ikkyo
Nikkyo
Sankyo
Kotegaeshi
Iriminage
Shihonage
Udekimenage
Koshinage

GYAKU HANMI KATATE DORI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage
Shihonage
Udekimenage
Koshinage
Kokyu Nage

RYOTE DORI

Ikkyo
Kotegaeshi
Iriminage
Shihonage
Udekimenage
Tenchinage
Koshinage
Kokyu Nage

SHOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Uchi Kaiten Sankyo
Yonkyo
Gokyo
Kotegaeshi
Iriminage
Kokyu Nage

YOKOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Gokyo
Kotegaeshi
Iriminage
Shihonage
Kokyu Nage

CHUDAN TSUKI

Kotegaeshi
Iriminage
Kaiten Nage

KATA DORI

Ikkyo
Nikkyo

KATATE RYOTE DORI

Naname Kokyu Nage

USHIRO WAZA

USHIRO RYOTE DORI

Ikkyo
Nikkyo
Hiji Kime Osae
Sankyo
Yonkyo
Kotegaeshi
Iriminage
Shihonage

HANMI HANDACHI W.

KATATE DORI

Ikkyo
Shihonage
Kaiten Nage
Kokyu Nage

RYOTE DORI

Shihonage

RANDORI

MAE RYO KATA DORI

Jiyu Waza

SUWARI WAZA

KATA DORI

Ikkyo
Nikkyo

SHOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage

YOKOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage