



PROGRAMMA D'ESAME SAKITAMA DOJO

合氣道

2° DAN

TACHI WAZA

AI HANMI KATATE DORI

Ikkyo
Nikkyo
Sankyo
Kotegaeshi
Iriminage
Shihonage
Udekimenage
Koshinage
Sumi Otoshi

SHOMEN UCHI

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

GYAKU HANMI KATATE DORI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage
Shihonage
Udekimenage
Tenchinage
Kaiten nage
Sumi Otoshi
Ude Garami
Koshinage
Kokyu Nage

YOKOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Gokyo
Kotegaeshi
Iriminage
Shihonage
Kokyu Nage

CHUDAN TSUKI

Ikkyo
Uchi Kaiten Sankyo
Kotegaeshi
Iriminage
Soto Kaiten Nage
Hiji Kime Osae
Kokyu Nage

RYOTE DORI

Ikkyo
Kotegaeshi
Iriminage
Shihonage
Udekimenage
Tenchinage
Koshinage
Kokyu Nage

KATATE RYOTE DORI

Ikkyo
Nikkyo
Udekimenage
Naname Kokyu Nage
Kokyu Nage

USHIRO WAZA

USHIRO RYOTE DORI

Ikkyo
Nikkyo
Hiji Kime Osae
Sankyo
Yonkyo
Kotegaeshi
Iriminage
Shihonage
Koshinage
Kokyu Nage

SUWARI WAZA

KATA DORI

Ikkyo
Nikkyo
Sankyo
Kotegaeshi

KATA DORI

Ikkyo
Nikkyo

KATA DORI MENUCHI

Ikkyo
Shihonage
Kotegaeshi
Iriminage
Kokyu Nage

USHIRO RYO KATA DORI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kokyu Nage
Aiki Otoshi

RYOTE DORI

Ikkyo
Nikkyo
Sankyo

SHOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage

YOKOMEN UCHI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage

HANMI HANDACHI W.

KATATE DORI

Ikkyo
Nikkyo
Sankyo
Yonkyo
Kotegaeshi
Iriminage
Shihonage
Kaiten Nage
Sumi Otoshi
Kokyu Nage

RANDORI

MAE RYO KATA DORI

Jiyu Waza

SHOMEN UCHI

Jiyu Waza

RYOTE DORI

Shihonage

TANTO DORI

SHOMEN UCHI HONTE

Gokyo
Sankyo
Kotegaeshi

TSUKI HONTE

Gokyo
Sankyo
Kotegaeshi
Hiji Kime Osae
Naname Kokyu Nage

YOKOMEN UCHI HONTE

Kotegaeshi
Shihonage
Naname Kokyu Nage