



# PROGRAMMA D'ESAME SAKITAMA DOJO

合氣道

## 3° DAN

### TACHI WAZA

#### AI HANMI KATATE DORI

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
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  
Udekimenage  
Soto Kaiten Nage  
Hiji Kime Osae  
Kokyu Nage

## **RYOTE DORI**

Ikkyo  
Kotegaeshi  
Iriminage  
Shihonage  
Udekimenage  
Tenchinage  
Koshinage  
Kokyu Nage

## **KATATE RYOTE DORI**

Ikkyo  
Nikkyo  
Kotegaeshi  
Iriminage  
Juji Garami  
Udekimenage  
Naname Kokyu Nage  
Kokyu Nage  
Koshinage  
Kokyu Nage

## **USHIRO WAZA**

### **USHIRO RYOTE DORI**

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

## **KATA DORI**

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo

### **KATA DORI MENUCHI**

Ikkyo  
Shihonage  
Kotegaeshi  
Iriminage  
Kokyu Nage

### **MUNA DORI**

Ikkyo  
Nikkyo  
Shihonage

### **USHIRO KATATE DORI KUBISHIME**

Ikkyo  
Sankyo  
Kotegaeshi  
Shihonage  
Koshinage  
Kokyu Nage

### **USHIRO ERI DORI**

Ikkyo  
Nikkyo

## USHIRO RYO KATA DORI

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Kokyu Nage  
Aiki Otoshi

## SUWARI WAZA

### KATA DORI

Ikkyo  
Nikkyo  
Sankyo  
Kotegaeshi

### RYOTE DORI

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo

### RYO KATA DORI

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo

### 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

### RYOTE DORI

Shihonage

## TANTO DORI

### SHOMEN UCHI HONTE

Gokyo  
Sankyo  
Kotegaeshi

### YOKOMEN UCHI HONTE

Gokyo  
Sankyo  
Kotegaeshi  
Shihonage  
Naname Kokyu Nage

### TSUKI HONTE

Gokyo  
Sankyo  
Kotegaeshi  
Hiji Kime Osae  
Naname Kokyu Nage

### USHIRO KATA DORI

Ikkyo  
Sankyo  
Kokyu Nage

## RANDORI

### MAE RYO KATA DORI

Jiyu Waza

### SHOMEN UCHI

Jiyu Waza

### YOKOMEN UCHI

Jiyu Waza

### SHOMEN UCHI GYAKUTE

Gokyo  
Kotegaeshi

### YOKOMEN UCHI GYAKUTE

Gokyo  
Kotegaeshi  
Shihonage  
Naname Kokyu Nage