



PROGRAMMA D'ESAME SAKITAMA DOJO

合氣道

4° DAN

TACHI WAZA

AI HANMI KATATE DORI

Jiyu Waza

GYAKU HANMI KATATE DORI

Ikkyo

Nikkyo

Sankyo

Yonkyo

Kotegaeshi

Iriminage

Shihonage

Udekimenage

Tenchinage

Kaiten nage

Sumi Otoshi

Ude Garami

Koshinage

Kokyu Nage

RYOTE DORI

Ikkyo

Kotegaeshi

Iriminage

Shihonage

Udekimenage

Tenchinage

Koshinage

Kokyu Nage

KATATE RYOTE DORI

Jiyu Waza

SHOMEN UCHI

Ikkyo

Nikkyo

Sankyo

Uchi Kaiten Sankyo

Yonkyo

Gokyo

Jiyu Waza

YOKOMEN UCHI

Ikkyo

Nikkyo

Sankyo

Yonkyo

Gokyo

Jiyu Waza

CHUDAN TSUKI

Jiyu Waza

JODAN TSUKI

Jiyu Waza

KATA DORI MENUCHI

Ikkyo

Shihonage

Kotegaeshi

Iriminage

Kokyu Nage

KATA DORI

Ikkyo
Nikkyo
Sankyo
Yonkyo

MUNA DORI

Jiyu Waza

USHIRO WAZA

USHIRO RYOTE DORI

Ikkyo
Nikkyo
Jiyu Waza

USHIRO ERI DORI

Jiyu Waza

USHIRO RYO KATA DORI

Jiyu Waza

USHIRO KATATE DORI KUBISHIME

Jiyu Waza

SUWARI WAZA

KATA DORI

Jiyu Waza

RYOTE DORI

Jiyu Waza

RYO KATA DORI

Jiyu Waza

SHOMEN UCHI

Jiyu Waza

YOKOMEN UCHI

Jiyu Waza

HANMI HANDACHI W.

KATATE DORI

Jiyu Waza

RYOTE DORI

Jiyu Waza

USHIRO KATA DORI

Jiyu Waza

FUTARI DORI

3 Tecniche

RANDORI

MAE RYO KATA DORI

Jiyu Waza

SHOMEN UCHI

Jiyu Waza

YOKOMEN UCHI

Jiyu Waza

TANTO DORI

SHOMEN UCHI HONTE

Jiyu Waza

YOKOMEN UCHI HONTE

Jiyu Waza

SHOMEN UCHI GYAKUTE

Jiyu Waza

YOKOMEN UCHI GYAKUTE

Jiyu Waza

TSUKI HONTE

Jiyu Waza

ARMI

Lavoro proposto dal candidato