



# AIKIDO

Programma d'esame Sakitama-Dojo

2° KYU

合氣道

## TACHIWAZA

### KATATETORI AIHANMI

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

### KATATETORI GYAKUHANMI

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

### RYOTETORI

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

### SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
iriminage	
Kotegaeshi	
Sumiotoshi	
Sankyo	omote / ura
Uchikaiten Sankyo	
Yonkyo	omote / ura
Uchikaitenage	omote / ura
Sotokaitenage	omote / ura
Kokynage	

### YOKOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura
Kotegaeshi	
Sankyo	omote / ura
Sumiotoshi	
Yonkyo	omote / ura
iriminage	
Kokyunage	

### KATATORI

Ikkyo	omote / ura
Nikkyo	omote / ura

### KATATERYOTETORI

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



# AIKIDO

Programma d'esame Sakitama-Dojo

2° KYU



## CHUDANZUKI

Iriminage  
Kotegaeshi  
Sumiotoshi

## SUWARIWAZA

### KATATETORI AIHANMI

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

### KATATETORI GYAKUHANMI

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

### RYOTETORI

Kokyu ho

### SHOMENUCHI

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

### JODANZUKI

Ikkyo omote / ura  
Nikkio omote / ura

## USHIROWAZA

### RYOTETORI

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

## HANMIHANTACHIWAZA

### KATATETORI GYAKUHANMI

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

### RYOTETORI

Shihonage omote / ura