



AIKIDO

Programma d'esame Sakitama-Dojo

3° KYU



TACHIWAZA

KATATETORI AIHANMI

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

KATATETORI GYAKUHANMI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Shihonage	omote / ura
Kotegaeshi	
Sumiotoshi	
Tenchinage	omote / ura
Udekimenage	omote /
ura	
Sankyo	omote / ura
Kokyunage	

RYOTETORI

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

SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Kotegaeshi	
Sumiotoshi	
Sankyo	omote / ura
Uchikaiten Sankyo	

YOKOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura
Kotegaeshi	
Sankyo	omote / ura

SUWARIWAZA

KATATETORI AIHANMI

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

RYOTETORI

Kokyu ho

SHOMENUCHI

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

USHIROWAZA

RYOTETORI

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