



AIKIDO

Programma d'esame Sakitama Dojo

4° KYU

合氣道

TACHIWAZA

KATATETORI AIHANMI

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

KATATETORI GYAKUHANMI

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

RYOTETORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura

SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	
Kotegaeshi	

YOKOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Shihonage	omote / ura

SUWARIWAZA

KATATETORI AIHANMI

Ikkyo	omote / ura
Iriminage	

RYOTETORI

Kokyu ho

SHOMENUCHI

Ikkyo	omote / ura
Nikkyo	omote / ura
Iriminage	

USHIROWAZA

RYOTETORI

Ikkyo	omote / ura
Nikkyo	omote / ura
Kokyunage	