



AIKIDO

Programma d'esame Sakitama Dojo

5° KYU



TACHIWAZA

KATATETORI AIHANMI

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

KATATETORI GYAKUHANMI

Ikkyo	omote / ura
Iriminage	
Kotegaeshi	

SHOMENUCHI

Ikkyo	omote / ura
Iriminage	

SUWARIWAZA

KATATETORI AIHANMI

Ikkyo	omote / ura
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RYOTETORI

Kokyu ho