



**PROGETTO AIKI**

## Programma di Esame DAN 2011

Suvari waza	1° Dan	2° Dan	3° Dan	4° Dan
Kata dori	Ikkyo	Ikkyo	Ikkyo	jyū waza
	Nikyo	Nikyo	Nikyo	
		Sankyo	Sankyo	
		Kotegaeshi	Kotegaeshi	
Ryote Dori		Ikkyo	Ikkyo	jyū waza
		Nikyo	Nikyo	
		Sankyo	Sankyo	
			Yonkyo	
Ryo Kata Dori			Ikkyo	jyū waza
			Nikyo	
			Sankyo	
			Yonkyo	
Shomen Uchi	Ikkyo	Ikkyo	Ikkyo	jyū waza
	Nikyo	Nikyo	Nikyo	
	Sankyo	Sankyo	Sankyo	
	Yonkyo	Yonkyo	Yonkyo	
	Kotegaeshi	Kotegaeshi	Kotegaeshi	
	Iriminage	Iriminage	Iriminage	
Yokomen Uchi	Ikkyo	Ikkyo	Ikkyo	jyū waza
	Nikyo	Nikyo	Nikyo	
	Sankyo	Sankyo	Sankyo	
	Yonkyo	Yonkyo	Yonkyo	
	Kotegaeshi	Kotegaeshi	Kotegaeshi	
	Iriminage	Iriminage	Iriminage	
Hanmi Handachi W.	Ikkyo	Ikkyo	Ikkyo	jyū waza
		Nikyo	Nikyo	
		Sankyo	Sankyo	
		Yonkyo	Yonkyo	
		Kotegaeshi	Kotegaeshi	
		Iriminage	Iriminage	
	Shihonage	Shihonage	Shihonage	
	Kaiten nage	Kaiten nage	Kaiten nage	
		Sumi Otoshi	Sumi Otoshi	
	Kokyū nage	Kokyū nage	Kokyū nage	
Ryote Dori	Shihonage	Shihonage	Shihonage	jyū waza
Ushiro Kata Dori			Ikkyo	jyū waza
			Sankyo	
			Kokyū Nage	



Tachi Waza	1° Dan	2° Dan	3° Dan	4° Dan
Ai Hanmi Katate Dori	Ikkyo	Ikkyo	Ikkyo	jyū waza
	Nikyo	Nikyo	Nikyo	
	Sankyo	Sankyo	Sankyo	
			Yonkyo	
	Kotegaeshi	Kotegaeshi	Kotegaeshi	
	Iriminage	Iriminage	Iriminage	
	Shihonage	Shihonage	Shihonage	
	Udekimenage	Udekimenage	Udekimenage	
Katate Dori	Koshinage	Koshinage	Koshinage	
		Sumi Otoshi	Sumi Otoshi	
	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Nikyo	Nikyo	Nikyo	Nikyo
	Sankyo	Sankyo	Sankyo	Sankyo
	Yonkyo	Yonkyo	Yonkyo	Yonkyo
	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage
	Shihonage	Shihonage	Shihonage	Shihonage
	Udekimenage	Udekimenage	Udekimenage	Udekimenage
		Tenchinage	Tenchinage	Tenchinage
		Kaiten nage	Kaiten nage	Kaiten nage
		Sumi Otoshi	Sumi Otoshi	Sumi Otoshi
	Ude Garami	Ude Garami	Ude Garami	
Koshinage	Koshinage	Koshinage	Koshinage	
Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage	
Ryote Dori	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage
	Shihonage	Shihonage	Shihonage	Shihonage
	Udekimenage	Udekimenage	Udekimenage	Udekimenage
	Tenchinage	Tenchinage	Tenchinage	Tenchinage
	Koshinage	Koshinage	Koshinage	Koshinage
Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage	
Kata Dori	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Nikyo	Nikyo	Nikyo	Nikyo
			Sankyo	Sankyo
Kata Dori Menuchi			Yonkyo	Yonkyo
		Ikkyo	Ikkyo	Ikkyo
		Shihonage	Shihonage	Shihonage
		Kotegaeshi	Kotegaeshi	Kotegaeshi
		Iriminage	Iriminage	Iriminage
Katate Ryote dori		Kokyu Nage	Kokyu Nage	Kokyu Nage
		Ikkyo	Ikkyo	jyū waza
		Nikyo	Nikyo	
			Kotegaeshi	
			Iriminage	
			Juji Garami	
		Udekimenage	Udekimenage	
	Naname Kokyu Nage	Naname Kokyu Nage	Naname Kokyu Nage	
		Koshinage		
Muna Dori		Kokyu Nage	Kokyu Nage	
			Ikkyo	jyū waza
			Nikyo	
		Shihonage		



Tachi Waza (cont.)	1° Dan	2° Dan	3° Dan	4° Dan
Shomen Uchi	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Nikyo	Nikyo	Nikyo	Nikyo
	Sankyo	Sankyo	Sankyo	Sankyo
	Uchi Kaiten Sankyo	Uchi Kaiten Sankyo	Uchi Kaiten Sankyo	Uchi Kaiten Sankyo
	Yonkyo	Yonkyo	Yonkyo	Yonkyo
	Gokyo	Gokyo	Gokyo	Gokyo
	Kotegaeshi	Kotegaeshi	Kotegaeshi	jyū waza
	Iriminage	Iriminage	Iriminage	
		Shihonage	Shihonage	
		Soto Kaiten Nage	Soto Kaiten Nage	
	Kokyū Nage	Kokyū Nage	Kokyū Nage	
Yokomen Uchi	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Nikyo	Nikyo	Nikyo	Nikyo
	Sankyo	Sankyo	Sankyo	Sankyo
	Yonkyo	Yonkyo	Yonkyo	Yonkyo
	Gokyo	Gokyo	Gokyo	Gokyo
	Kotegaeshi	Kotegaeshi	Kotegaeshi	jyū waza
	Iriminage	Iriminage	Iriminage	
	Shihonage	Shihonage	Shihonage	
	Kokyū Nage	Kokyū Nage	Kokyū Nage	
Chudan Tsuki		Ikkyo	Ikkyo	jyū waza
		Uchi Kaiten Sankyo	Uchi Kaiten Sankyo	
	Kotegaeshi	Kotegaeshi	Kotegaeshi	
	Iriminage	Iriminage	Iriminage	
	Kaiten Nage	Soto Kaiten Nage	Soto Kaiten Nage	
			Udekimenage	
		Hiji Kime Osae	Hiji Kime Osae	
	Kokyū Nage	Kokyū Nage		
Jodan Tsuki				jyū waza
Ushiro Waza	1° Dan	2° Dan	3° Dan	4° Dan
Ushiro Ryote Dori	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Nikyo	Nikyo	Nikyo	Nikyo
	Hiji Kime Osae	Hiji Kime Osae	Hiji Kime Osae	jyū waza
	Sankyo	Sankyo	Sankyo	
	Yonkyo	Yonkyo	Yonkyo	
	Kotegaeshi	Kotegaeshi	Kotegaeshi	
	Iriminage	Iriminage	Iriminage	
	Shihonage	Shihonage	Shihonage	
		Koshinage	Koshinage	
		Kokyū Nage	Kokyū Nage	
		Juji Garami		
Ushiro Ryo Kata dori		Ikkyo	Ikkyo	jyū waza
		Nikyo	Nikyo	
		Sankyo	Sankyo	
		Yonkyo	Yonkyo	
		Kokyū Nage	Kokyū Nage	
		Aiki Otoshi	Aiki Otoshi	
Ushiro katate dori Kubishime			Ikkyo	jyū waza
			Sankyo	
			Kotegaeshi	
			Shihonage	
			Koshinage	
Ushiro Eri dori			Ikkyo	jyū waza
			Nikyo	



Futari Dori	1° Dan	2° Dan	3° Dan	4° Dan
				3 Tecniche

Randori	1° Dan	2° Dan	3° Dan	4° Dan
mae ryo kata dori	jjiyu waza	jjiyu waza	jjiyu waza	jjiyu waza
shomen uchi		jjiyu waza	jjiyu waza	jjiyu waza
yokomen uchi			jjiyu waza	jjiyu waza

Tanto Dori	1° Dan	2° Dan	3° Dan	4° Dan
Shomen uchi Honte		Gokyo	Gokyo	jjiyu waza
		Sankyo	Sankyo	
		Kotegaeshi	Kotegaeshi	
Shomen uchi Gyakute			Gokyo	jjiyu waza
			Kotegaeshi	
Yokomen uchi Honte			Gokyo	jjiyu waza
			Sankyo	
		Kotegaeshi	Kotegaeshi	
		Shihonage	Shihonage	
Yokomen uchi Gyakute			Naname Kokyu Nage	
			Gokyo	jjiyu waza
			Kotegaeshi	
			Shihonage	
Tsuki Honte			Naname Kokyu Nage	
		Gokyo	Gokyo	jjiyu waza
		Sankyo	Sankyo	
		Kotegaeshi	Kotegaeshi	
		Hiji Kime Osae	Hiji Kime Osae	
	Naname Kokyu Nage	Naname Kokyu Nage		

Armi	1° Dan	2° Dan	3° Dan	4° Dan
JO - KEN				Lavoro proposto dal Candidato