



PROGETTO AIKI

Programma di Esame DAN 2009

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



Tachi Waza	1° Dan	2° Dan	3° Dan	4° Dan
Ai Hanmi Katate Dori	Ikkyo	Ikkyo	Ikkyo	jyu 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
		Tenchnage	Tenchnage	Tenchnage
		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
	Tenchnage	Tenchnage	Tenchnage	Tenchnage
	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	jyu waza
		Nikyo	Nikyo	
			Kotegaeshi	
			Iriminage	
			Juji Garami	
		Udekimenage	Udekimenage	
	Naname Kokyu Nage	Naname Kokyu Nage	Naname Kokyu Nage	
		Koshinage		
Muna Dori			Kokyu Nage	
			Ikkyo	jyu 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	jyiu waza
	Iriminage	Iriminage	Iriminage	
		Shihonage	Shihonage	
	Soto Kaiten Nage	Soto Kaiten Nage		
	Kokyu Nage	Kokyu Nage	Kokyu 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	jyiu waza
	Iriminage	Iriminage	Iriminage	
	Shihonage	Shihonage	Shihonage	
	Kokyu Nage	Kokyu Nage	Kokyu Nage	
Chudan Tsuki		Ikkyo	Ikkyo	jyiu 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	
	Kokyu Nage	Kokyu Nage		
Jodan Tsuki				jyiu 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	jyiu waza
	Sankyo	Sankyo	Sankyo	
	Yonkyo	Yonkyo	Yonkyo	
	Kotegaeshi	Kotegaeshi	Kotegaeshi	
	Iriminage	Iriminage	Iriminage	
	Shihonage	Shihonage	Shihonage	
		Koshinage	Koshinage	
	Kokyu Nage	Kokyu Nage		
		Juji Garami		
Ushiro Ryo Kata dori		Ikkyo	Ikkyo	jyiu waza
		Nikyo	Nikyo	
		Sankyo	Sankyo	
		Yonkyo	Yonkyo	
		Kokyu Nage	Kokyu Nage	
		Aiki Otoshi	Aiki Otoshi	
Ushiro katate dori Kubishime			Ikkyo	jyiu waza
			Sankyo	
			Kotegaeshi	
			Shihonage	
			Koshinage	
		Kokyu Nage		
Ushiro Eri dori			Ikkyo	jyiu 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	jyu waza	jyu waza	jyu waza	jyu waza
shomen uchi		jyu waza	jyu waza	jyu waza
yokomen uchi			jyu waza	jyu waza

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