



PROGRAMA D' EXAMEN PER SHODAN I NIDAN

***Totes les tècniques poden demanar-se en OMOTE i URA**

SUWARI WAZA

SHOMEN UCHI

Ikkyo - Nikyo - Sankyo
Yonkyo - Gokyo - Irimi nage
Kote gaeshi (2on DAN)

YOKOMEN UCHI

Irimi nage - Kote gaeshi
Shiho nage
Ude kime nage (2on DAN)

KATA DORI

Ikkyo - Nikyo
Irimi nage
Shiho nage (2on DAN)

HANMI HANDACHI WAZA

SHOMEN UCHI

Ikkyo - Nikyo - Sankyo
Irimi nage - Kote gaeshi
Shiho nage (2on DAN)

GYAKU HANMI KATATE DORI

Nikyo - Sankyo - Soto kaiten nage
Uchi kaiten nage - Shiho nage
Ude kime nage (2on DAN)

RYOTE DORI

Shiho nage - Kokyu nage
Sankyo - Ikkyo
Kokyu ho (2on DAN)

TACHIWAZA

AI HANMI KATATE DORI

Ikkyo - Nikyo - Sankyo
Uchi kaiten sankyo
Uchi kaiten nage - Irimi nage
Shiho nage (2on DAN)

SHOMEN UCHI

Ikkyo - Soto kaiten nage
Shiho nage - Koshi nage
Irimi nage - Kokyu nage
Kote gaeshi (2on DAN)

JODAN TSUKI

Ikkyo - Nikyo
Shiho nage - Koshi nage
Kote gaeshi
Hiji kime osae (2on DAN)

AIKIKAI CATALUNYA



TERCER DAN

***Tot el programa en Jiyu waza**

SUWARI WAZA

SHOMEN UCHI

YOKOMEN UCHI

KATA DORI

HANMI HANDACHI WAZA

SHOMEN UCHI

GYAKU HANMI
KATATE DORI

YOKOMEN UCHI

TACHIWAZA

SHOMEN UCHI

AI HANMI KATATE DORI

JODAN TSUKI

RYO KATA DORI

RYOTE DORI

YOKOMEN UCHI

KATA DORI MENUCHI

USHIRO RYOTE DORI

USHIRO ERI DORI

USHIRO KATATE DORI
KUBISHIME

TANTO DORI

TACHI DORI

JO DORI

RANDORI

4 UKES