

PROGRAMMA D'ESAME 2° DAN - NIDAN

ADO UISP TAKEMUSU AIKI IWAMA RYU

CANDIDATO _____

DATA _____

BUKI WAZA

- Tsuki Jo no awase 1 - 8
- 13 no jo kata; 31 no jo kata
- Kumi Tachi 1° - 2° / Kumi Jo 1° - 2°
- Ken Tai Jo awase (kihon - kinonagare)

BUKI DORI

Jo dori / Tachi dori / Tan ken dori (3 tecniche)

TAI JUTSU

- Tai No Henko (Kihon-Kinonagare-Tenkan)
- Morotedori Kokyu-ho (2 forme)

1) Morotedori

Ikkyo o.u.
Nikkyo o.
Sankyo o.
Yonkyo o.
Shihonage o.
Iriminage
Kotegaeshi
Koshinage
Kokyunage

2) Sode guchi dori

Ikkyo o.u.
Nikkyo u.
Sankyo o.u.
Yonkyo o.
Shihonage o.u.
Iriminage
Kaitennage
Sotokaitennage
Koshinage
Kokyunage

3) Sodedori

Ikkyo o.u.
Nikkyo ura
Koshinage
Kokyunage

4) Katatori (menuchi)

Ikkyo o.
Nikkyo u.
Shihonage o.u.
Kotegaeshi
Iriminage
Koshinage
Kokyunage

5) Ryokatadori

Kokyunage
Aikiotoshi

6) Ushiro Ryotedori

Ikkyo o.
Nikkyo u.
Sankyo o.
Yonkyo u.
Iriminage
Kotegaeshi
Koshinage
Kokyunage

7) Ushiro Ryokatadori

Ikkyo o.
Nikyo u.
Sankyo o.
Yonkyo o.
Kotegaeshi
Kokyunage

8) Ushiro Katatedori Kubishime

Kokyunage
Koshinage
Jujinage

9) Chudan Tsuki

Iriminage
Rokkyo

- Suwari waza Ryotedori Kokyu-ho

- Randori

ESITO _____

Il Direttore Tecnico
Maestro G. Lisco