

# PROGRAMMA D'ESAME 1° DAN - SHODAN

TAKEMUSU AIKI IWAMA RYU – A.D.O. U.I.S.P.

CANDIDATO \_\_\_\_\_

DATA \_\_\_\_\_

## BUKI WAZA

- Aiki Ken: 7 suburi; Haplo ghiri; Ken no awase 1 - 4
- Aiki Jo: 20 suburi; Haplo tsuki; Tsuki Jo no awase 1 - 4

## TAI JUTSU

- Tai No Henko (Kihon - Kinonagare)
- Morotedori Kokyu-ho (forma base)

<b>1) Shomenuchi</b>	Ikkyo o.u. Nikyo o.u. Sankyo o.u. Yonkyo o.u. Gokyo u. Shihonage o. Iriminage Kotegaeshi Soto Kaitennage Koshinage Kokyunage	<b>4) Aihanmi</b>	Ikkyo o.u. Nikyo o.u. Sankyo o.u. Yonkyo o.u. Shihonage o.u. Iriminage Kotegaeshi Koshinage Kokyunage Hijigatame
<b>2) Yokomenuchi</b>	Ikkyo o.u. Nikyo o.u. Sankyo o.u. Yonkyo o.u. Gokyo u. Shihonage o. Iriminage Kotegaeshi Kaitennage Koshinage Kokyunage Udekiminage	<b>5) Ryotedori</b>	Ikkyo o.u. Nikyo o.u. Sankyo o.u. Yonkyo o.u. Gokyo o.u. Shihonage o.u. Iriminage Kotegaeshi Uchi Kaitennage Koshinage Tenchinage Kokyunage
<b>3) Katatedori</b>	Ikkyo o.u. Nikyo o.u. Sankyo o.u. Yonkyo o.u. Gokyo u. Shihonage o.u. Iriminage Kotegaeshi Kaitennage Koshinage Kokyunage Rokkyo Hijigatame	<b>- Suwari waza Ryotedori Kokyu-ho</b>  <b>- Randori</b>	
		<b>ESITO</b> _____	

*Il Direttore Tecnico  
M° Giuseppe Lisco*