



Programa de Exámenes

5ª KYU



Tachi waza

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|----|----------------------|-----------------------------------|
| 1 | Ai Hammi Katate Dori | Ikkyo (omote y ura) |
| 2 | Ai Hammi Katate Dori | Shiho nage (omote y ura) |
| 3 | Ai Hammi Katate Dori | Irimi nage |
| 4 | Katate Dori | Tenchi nage |
| 5 | Katate Dori | Tenchi nage con tenkan (exterior) |
| 6 | Katate Dori | Shiho nage (omote y ura) Parado |
| 7 | Katate Dori | Shiho nage (omote) |
| 8 | Katate Dori | Shiho nage Ura. En acción |
| 9 | Shomen Uchi | Ikkyo (omote y ura) |
| 10 | Shomen Uchi | Irimi nage |
| 11 | Yiyu waza | |

Suwari waza

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|----|-------------|-------------------|
| 12 | Shomen Uchi | Ikkyo Omote y Ura |
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4º KYU



Tachi waza

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|----|----------------------|---------------------------------------|
| 1 | Katate Dori | Ikkyo Omote. |
| 2 | Katate Dori | Ikkyo Ura. |
| 3 | Katate Dori | Kote gaeshi |
| 4 | Katate Dori | Irimi nage form 1 |
| 5 | Katate Dori | Irimi nage form 2 Tenkan 180 ° |
| 6 | Katate Dori | Irimi nage form 3 Tenkan 360 ° |
| 7 | Katate Dori | Uchi kaiten nage (omote) |
| 8 | Katate Dori | Uchi kaiten nage (ura) |
| 9 | Katate Dori | Soto kaiten nage (omote) |
| 10 | Katate Dori | Soto kaiten nage (Ura) |
| 11 | Katate Dori | Ude kime nage ura. |
| 12 | Katate Dori | Sukomen irimi nage |
| 13 | Katate Dori | Koshi Nage |
| 14 | Kata Dori | Ikkyo Omote |
| 15 | Kata Dori | Ikkyo Ura |
| 16 | Kata Dori | Nikyo ura |
| 17 | Ai Hammi Katate Dori | Nikyo Ura. . form 1 |
| 18 | Ai Hammi Katate Dori | Sankyo Omote |
| 19 | Ai Hanmi Katate Dori | Kote Gaeshi |
| 21 | Ai Hanmi Katate Dori | Ude Kime Nage |
| 22 | Shomen Uchi | Kote Gaeshi |
| 23 | Yokomen Uchi | Shiho nage Omote y Ura |
| 24 | Ryote Dori | Tenchi nage omote y ura |
| 25 | Ushiro Ryote Dori | Sankyo Omote. |
| 26 | Ushiro Ryote Dori | Sankyo Ura. |
| 27 | Yiyu waza | |

Suwari waza

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|----|-------------|-------------------|
| 28 | Shomen Uchi | Nikyo Omote y Ura |
| 29 | Shomen Uchi | Irimi nage |

3° KYU



Tachi waza

1	Katate Ryote Dori	Nikyo ura (exterior) form 1
2	Katate Ryote Dori	Nikyo ura (exterior) form 2
3	Katate Ryote Dori	Kote Gaeshi (exterior)
4	Katate Ryote Dori	Ude kime Nage
5	Ryote Dori	Ikkyo (omote interior)
6	Ryote Dori	Ikkyo Ura salida lateral
7	Ushiro Ryote Dori	Ikkyo Omote
8	Ushiro Ryote Dori	Ikkyo Ura
9	Ushiro Ryote Dori	Nikyo Ura
10	Ushiro Ryote Dori	Kote gaeshi
11	Ushiro Ryote Dori	Shiho Nage
12	Ushiro Ryote Dori	Iriminage
13	Yokomen Uchi	Ikkyo omote
14	Yokomen Uchi	Ikkyo ura
15	Yokomen Uchi	Nikyo ura
16	Yokomen Uchi	Sankyo omote
17	Yokomen Uchi	Sankyo ura
18	Yokomen Uchi	Yonkyo Omote
19	Yokomen Uchi	Yonkyo Ura
20	Yokomen Uchi	Kote Gaeshi interior
21	Yokomen Uchi	Kote Gaeshi exterior 3ra forma
22	Yokomen Uchi	Koshi nague
23	Shomen Uchi	Nikyo omote
24	Shomen Uchi	Nikyo ura
25	Shomen Uchi	Sankyo omote
26	Shomen Uchi	Sankyo ura
27	Shomen Uchi	Yonkyo (omote y ura)
28	Yiyu waza	Sólo Kokyu Nague

Suware waza

29	Shomen Uchi	Sankyo omote y ura
30	Shomen Uchi	Yonkyo omote y ura
31	Shomen Uchi	Kote gaeshi
32	Yokomen Uchi	Ikkyo omote y ura
33	Yokomen Uchi	Kote Gaeshi

Hanmi Hantachi Waza

34	Katate Dori	Shiho Nage omote
35	Katate Dori	Shiho nague ura
36	Katate Dori	Ude Garami , uchi kaiten
37	Shomen Uchi	Iriminage

2° KYU



Tachi waza

1	Kata Dori Men Uchi	Ikkyo omote y ura
2	Kata Dori Men Uchi	Nikyo ura
3	Kata Dori Men Uchi	Sankyo omote y ura
4	Kata Dori Men Uchi	Kote qaeshi
5	Kata Dori Men Uchi	Shiho Naqe
6	Kata Dori Men Uchi	Irimi nage
7	Ushiro ryote Dori	Juji qarami
8	Chudan Tsuki	Ikkyo omote y ura.
9	Chudan Tsuki	Irimi nage
10	Jodan Tsuki	Hiji kime osae
11	Ushiro ryo kata Dori	Nikyo ura
12	Ushiro ryo kata Dori	Sankyo omote y ura
13	Ushiro ryo kata Dori	Naname Kokyu naque
14	Ushiro ryo kata Dori	Aiki Otoshi
15	Katate Dori	Sankyo Omote y Ura
16	Katate Dori	Yonkvo omote v Ura
17	Katate Dori	Sumi otoshi
18	Shomen Uchi	Shiho naqe omote
19	Shomen Uchi	Soto Kaiten nage
20	Shomen Uchi	Uchi Kaiten nage
21	Yokomen Uchi	Gokyo (kiriaeshi)
22	Ryote Dori	Kote Gaeshi
23	Ryote Dori	Irimi nage
24	Ai Hanmi Katate Dori	Koshi Naque
25	Yiyu waza	Sólo Kokyu Nague

Suwari waza

26	Yokomen Uchi	Nikyo omote y ura
27	Yokomen Uchi	Sankyo ura (kiriaeshi)
28	Yokomen Uchi	Irimi nage

Hanmi Hantachi Waza

29	Shomen Uchi	Kote qaeshi
30	Ryote Dori	Shiho naque omote y ura
31	Katate Dori	Ikkyo Omote y Ura

1° KYU



Tachi waza

1	Ushiro Eri Dori	Ikkyo omote
2	Ushiro Eri Dori	Shiho Nage
3	Jodan Tsuki	Ikkyo omote
4	Jodan Tsuki	Nikyo ura
5	Jodan Tsuki	Sankyo ura en hombro
6	Jodan Tsuki	Irimi naque
7	Jodan Tsuki	Soto kaiten naque
8	Jodan Tsuki	Uchi kaiten naque
9	Chudan Tsuki	Kote Gaeshi
10	Chudan Tsuki	Soto kaiten naque
11	Chudan Tsuki	Uchi kaiten naque
12	Shomen Uchi	Gokyo
13	Muna Dori	Shijo Naque
14	Ushiro Katate Dori Kubishime	Shijo Nage
15	Ushiro Katate Dori Kubishime	Koshi Nage
16	Katate Ryote Dori	Juji Garami
17	Yiyu waza	Sólo Kokyu naque

Suwari waza

18	Shomen Uchi	de Ikkyo a Gokyo
19	Shomen Uchi	Kote Gaeshi
20	Shomen Uchi	irimi Naque
21	Yokomen Uchi	de Ikkyo a Gokyo
22	Yokomen Uchi	Kote Gaeshi
23	Yokomen Uchi	Irimi Naque

Hanmi Hantachi Waza

24	Katate Dori	Nikyo ura
25	Katate Dori	Kote Gaeshi
26	Katate Dori	Shijo Nague Omote y Ura
27	Shomen Uchi	Ikkyo omote y ura
28	Shomen Uchi	Nikyo ura

DANES



1er DAN	Técnicas de Mano vacía en posición de: (zagi, hami-handachi waza, tachi waza) para ataques de yokomen uchi, shomen uchi, tsuki y todas formas de agarre: hombros, codo, cuello muñecas y técnicas de ataque por detrás.
2do DAN	Lo mismo que lo anterior y tanto-dori y Futarigake (con 2 ukes)
3er DAN	Lo mismo que lo anterior y tachi -dori, Jo-dori and Taninzugake (más de 3 ukes).
4to DAN	Jiyuwaza de todo lo anterior, más un breve ensayo sobre Aikido