



PROGRAMMA ESAMI KYU

AIKIDO ROMA NORD - KATSU DOJO

Suvari waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Katatetori aihanmi		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Iriminage	Iriminage	Iriminage	Iriminage

Katatetori			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage

Kata dori			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
				Sankyo	Sankyo

Ryotedori	Shikko				Shihonage
	Kokyu ho	Kokyu ho	Kokyu ho	Kokyu ho	Kokyu ho

Ryo katadori				Ikkyo	Ikkyo
				Nikyo	Nikyo

Shomenuchi		Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
			Yonkyo	Yonkyo	Yonkyo
					Gokyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
		Iriminage	Iriminage	Iriminage	Iriminage

Yokomenuchi				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
				Sankyo	Sankyo
				Yonkyo	Yonkyo
					Gokyo
					Kotegaeshi
				Iriminage	Iriminage

Hanmi Handachi waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Katatedori					Nikkyo
			Shihonage	Shihonage	Shihonage
			Uchi kaitenage	Uchi kaitenage	Uchi kaitenage

Kata dori				Soto kaitenage	Soto kaitenage
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Ryotedori				Shihonage	Shihonage
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Shomenuchi					Ikkyo
					Nikkyo
					Gokyo
				Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage

Tachi waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Katatetori aihanmi	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
		Sankyo	Sankyo	Sankyo	Sankyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
	Shihonage	Shihonage	Shihonage	Shihonage	Shihonage
		Udekimenage	Udekimenage	Udekimenage	Udekimenage
			Koshinage	Koshinage	

Katatetori	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
				Sankyo	Sankyo
				Yonkyo	Yonkyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
		Iriminage	Iriminage	Iriminage	Iriminage
	Shihonage	Shihonage	Shihonage	Shihonage	Shihonage
		Udekimenage	Udekimenage	Udekimenage	Udekimenage
	Tenchinage	Tenchinage	Tenchinage	Tenchinage	Tenchinage
		Uchi kaitenage	Uchi kaitenage	Uchi kaitenage	Uchi kaitenage
				Sumi Otoshi	Sumi Otoshi
				Aiki Otoshi	Aiki Otoshi
			Koshinage	Koshinage	
	Naname kokyunage	Naname kokyunage	Naname kokyunage	Naname kokyunage	

Ryotedori			Ikkyo	Ikkyo	Ikkyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
			Shihonage	Shihonage	Shihonage
		Tenchinage	Tenchinage	Tenchinage	Tenchinage

Shomenuchi	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
			Yonkyo	Yonkyo	Yonkyo
					Gokyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
				Shihonage	Shihonage
			Soto kaitenage	Soto kaitenage	
			Uchi kaitenage	Uchi kaitenage	

Yokomenuchi			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
			Yonkyo	Yonkyo	Yonkyo
				Gokkyo	Gokkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
		Shihonage	Shihonage	Shihonage	Shihonage
		Udekimenage	Udekimenage	Udekimenage	Udekimenage

Katatori		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
				Sankyo	Sankyo
				Yonkyo	Yonkyo

Katate Ryotedori			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
					Juji garami
			Udekimenage	Udekimenage	Udekimenage
			Kokyu ho	Kokyu ho	Kokyu ho

Chudan tsuki				Ikkyo	Ikkyo
					Nykyo
					Sankyo
				Iriminage	Iriminage
					Kotegaeshi
					Kaitenage

Jodan tsuki				Ikkyo	Ikkyo
				Nikkio	Nikkio
					Sankyo
					Hiji kime osae
					Kaitenage
					Iriminage
					Shihonage

Katatori menuchi				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
				Sankyo	Sankyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
				Shihonage	Shihonage

Mae Ryokatatori				Naname kokyunage	Naname kokyunage
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Munadori					Shihonage
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Jiyu waza			Kokyunage	Kokyunage	Kokyunage
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Ushiro waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Ushiro Ryotedori			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
		Sankyo	Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
			Shihonage	Shihonage	Shihonage
			Udekimenage	Udekimenage	Udekimenage
				Juji Garami	Juji Garami
				Naname kokyunage	Naname kokyunage

Ushiro Ryokatatori				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
				Sankyo	Sankyo
				Naname kokyunage	Naname kokyunage

Ushiro Ryo Hijidori				Ikkyo	Ikkyo
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Ushiro Eri dori					Kotegaeshi
					Shihonage

Kubishime					Kotegaeshi
					Shihonage

Jiyu waza					Ikkyo
					Nikkyo
					Sankyo
					Yonkyo
					Kaitenage
					Sumi otoshi

Jiyu waza					Koshinage
					Naname kokyunage
					Udekimenage
					Hiji kime osae

<i>Tempi minimi</i>	<i>5° kyu</i>	<i>4° kyu</i>	<i>3° kyu</i>	<i>2° kyu</i>	<i>1° kyu</i>
ore di allenamento	70	80	150	150	200
mesi trascorsi	7	6	12	12	12
ore totali di allenamento	70	150	250	400	600

Per ogni passaggio di grado è necessario aver partecipato ad almeno 2 stage formativi

Esempi	Periodo di pratica	ore accumulabili in media
	1 mese	12 ore
	sett-dic	48 ore
	genn-lug	84 ore
	un anno	132 ore