



## PROGRAMMA ESAMI KYU

### AIKIDO ROMA NORD - KATSU DOJO

<i>Suvari waza</i>	<i>5° kyu</i>	<i>4° kyu</i>	<i>3° kyu</i>	<i>2° kyu</i>	<i>1° kyu</i>
<b>Katatetori aihanmi</b>		Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Iriminage	Iriminage	Iriminage
<b>Katatetori</b>			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
<b>Kata dori</b>			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
				Sankyo	Sankyo
<b>Ryotedori</b>	Shikko				Shihonage
	Kokyu ho	Kokyu ho	Kokyu ho	Kokyu ho	Kokyu ho
<b>Ryo katadori</b>				Ikkyo	Ikkyo
				Nikyo	Nikyo
<b>Shomenuchi</b>		Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
			Yonkyo	Yonkyo	Yonkyo
					Gokyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	
<b>Yokomenuchi</b>			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
				Sankyo	Sankyo
				Yonkyo	Yonkyo
					Gokyo
					Kotegaeshi
			Iriminage	Iriminage	
<b>Hanmi Handachi waza</b>	<i>5° kyu</i>	<i>4° kyu</i>	<i>3° kyu</i>	<i>2° kyu</i>	<i>1° kyu</i>
<b>Katatedori</b>					Nikkyo
			Shihonage	Shihonage	Shihonage
			Uchi kaitenage	Uchi kaitenage	Uchi kaitenage
<b>Kata dori</b>				Soto kaitenage	Soto kaitenage
<b>Ryotedori</b>				Shihonage	Shihonage
<b>Shomenuchi</b>				Ikkyo	Ikkyo
					Nikkyo
					Gokyo
				Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
<b>Tachi waza</b>	<i>5° kyu</i>	<i>4° kyu</i>	<i>3° kyu</i>	<i>2° kyu</i>	<i>1° kyu</i>
<b>Katatetori aihanmi</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
	Shihonage	Shihonage	Shihonage	Shihonage	Shihonage
				Udekimenage	Udekimenage
			Koshinage	Koshinage	
	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo

<b>Katatetori</b>				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
				Sumi Otoshi	Sumi Otoshi
					Aiki Otoshi
				Koshinage	Koshinage
	Naname kokyunage	Naname kokyunage	Naname kokyunage	Naname kokyunage	

<b>Ryotedori</b>		Ikkyo	Ikkyo	Ikkyo	Ikkyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
			Shihonage	Shihonage	Shihonage
		Tenchinage	Tenchinage	Tenchinage	Tenchinage

<b>Shomenuchi</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nykyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
					Gokyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
				Shihonage	Shihonage
				Soto kaitenage	Soto kaitenage
				Uchi kaitenage	Uchi kaitenage

<b>Yokomenuchi</b>		Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
				Gokkyo	Gokkyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
		Shihonage	Shihonage	Shihonage	Shihonage
				Udekimenage	Udekimenage
				Udekimenage	Udekimenage

<b>Katatori</b>		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo

<b>Katate Ryotedori</b>			Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
					Juji garami
			Udekimenage	Udekimenage	Udekimenage
		Kokyu ho	Kokyu ho	Kokyu ho	

<b>Chudan tsuki</b>			Ikkyo	Ikkyo	Ikkyo
				Nikyo	Nikyo
					Sankyo
		Iriminage	Iriminage	Iriminage	Iriminage
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
				Kaitenage	

<b>Jodan tsuki</b>			Ikkyo	Ikkyo	Ikkyo
				Nikyo	Nikyo
					Sankyo
					Hiji kime osae
					Kaitenage
					Iriminage
				Shihonage	

<b>Katatori menuchi</b>		Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Nikyo	Nikkyo	Nikkyo
				Sankyo	Sankyo

Kataori mendem		Kotegaeshi	Kotegaeshi	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	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
		Shihonage	Shihonage	Shihonage	Shihonage
			Udekimenage	Udekimenage	Udekimenage
				Juji Garami	Juji Garami
		Kokyunage	Kokyunage	Kokyunage	Kokyunage
			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

Tempi minimi	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
ore di allenamento	70	80	150	150	200
mesi trascorsi	7	6	12	12	12
ore totali di alleamento	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