



武産合気道連盟

スパイン

<http://www.taee.es>



合気道

# EXAMEN SANKYU

## 3º KYU - CINTURON VERDE - 50 DIAS DE ENTRENAMIENTO REAL

### TAI JUTSU

- |                    |            |        |                               |
|--------------------|------------|--------|-------------------------------|
| 1) SHOMEN UCHI     | =====> DAI | =====> | SANKYO (OMOTE Y URA WAZA)     |
| 2) SHOMEN UCHI     | =====> DAI | =====> | YONKYO (OMOTE Y URA WAZA)     |
| 3) KATA DORI       | =====> DAI | =====> | SANKYO (OMOTE Y URA WAZA)     |
| 4) KATA DORI       | =====> DAI | =====> | YONKYO (OMOTE Y URA WAZA)     |
| 5) RYOTE DORI      | =====>     | =====> | SHIHO NAGE (OMOTE Y URA WAZA) |
| 6) SHOMEN UCHI     | =====>     | =====> | KOTE GAESHI                   |
| 7) TSUKI (CHUDAN)  | =====>     | =====> | KOTE GAESHI                   |
| 8) KATATE DORI     | =====>     | =====> | KOTE GAESHI                   |
| 9) RYOTE DORI      | =====>     | =====> | TENCHI NAGE                   |
| 10) TSUKI (CHUDAN) | =====>     | =====> | IRIMI NAGE                    |

### SUWARI WAZA

- |                |            |        |                           |
|----------------|------------|--------|---------------------------|
| 1) SHOMEN UCHI | =====> DAI | =====> | IKKYO (OMOTE Y URA WAZA)  |
| 2) SHOMEN UCHI | =====> DAI | =====> | NIKYO (OMOTE Y URA WAZA)  |
| 3) SHOMEN UCHI | =====> DAI | =====> | SANKYO (OMOTE Y URA WAZA) |
| 3) SHOMEN UCHI | =====> DAI | =====> | YONKYO (OMOTE Y URA WAZA) |

### BUKI WAZA

- 1) GO NO AWASE
- 2) SHICHI NO AWASE