

武産合気道連盟

スペイン

<http://www.taae.es>



合気道

EXAMEN NIKYU

2º KYU - CINTURON AZUL - 50 DIAS DE ENTRENAMIENTO REAL

TAI JUTSU

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|-----------------------|------------|-------------------------------------|
| 1) YOKOMEN UCHI | =====> DAI | IKYUO (OMOTE Y URA WAZA) |
| 2) YOKOMEN UCHI | =====> DAI | NIKYU (OMOTE Y URA WAZA) |
| 3) YOKOMEN UCHI | =====> DAI | SANKYO (OMOTE Y URA WAZA) |
| 4) YOKOMEN UCHI | =====> DAI | YONKYU (OMOTE Y URA WAZA) |
| 5) YOKOMEN UCHI | =====> DAI | GOKYO (URA WAZA) |
| 6) KATATE DORI | =====> DAI | IRIMI NAGE (JODAN - CHUDAN - GEDAN) |
| 7) SHOMEN UCHI | =====> DAI | SHIHO NAGE (OMOTE WAZA) |
| 8) KATATE DORI | =====> DAI | KAITEN NAGE (SOTO Y UCHI MAWARI) |
| 9) YOKOMEN UCHI | =====> DAI | IRIMI NAGE |
| 10) KATATE DORI | =====> DAI | IKYUO (OMOTE Y URA WAZA) |
| 11) KATATE DORI | =====> DAI | NIKYU (OMOTE Y URA WAZA) |
| 12) KATATE DORI | =====> DAI | SANKYO (OMOTE Y URA WAZA) |
| 13) KATATE DORI | =====> DAI | YONKYU (OMOTE Y URA WAZA) |
| 14) RYOTE DORI | =====> DAI | IKYUO (OMOTE Y URA WAZA) |
| 15) RYOTE DORI | =====> DAI | NIKYU (OMOTE Y URA WAZA) |
| 16) RYOTE DORI | =====> DAI | SANKYO (OMOTE Y URA WAZA) |
| 17) RYOTE DORI | =====> DAI | YONKYU (OMOTE Y URA WAZA) |
| 18) USHIRO RYOTE DORI | =====> DAI | IKKYUO (OMOTE Y URA WAZA) |
| 19) USHIRO RYOTE DORI | =====> DAI | NIKYU (OMOTE Y URA WAZA) |

HANMIHANDACHI WAZA

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|----------------|------------|-------------------------|
| 1) KATATE DORI | =====> DAI | SHIHO NAGE (OMOTE WAZA) |
|----------------|------------|-------------------------|

BUKI WAZA

- 1) YU SAN NO JO KATA
KATA DE 13 MOVIMIENTOS DE JO