

武産合気道連盟

スペイン

<http://www.taee.es>



合気道

EXAMEN IKKYOU

1º KYU - CINTURON MARRON - 70 DIAS DE ENTRENAMIENTO REAL

TAI JUTSU

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|----------------------|-------------------|--|
| 1) SHOMEN UCHI | =====> | KAITEN NAGE (SOTO Y UCHI MAWARI) |
| 2) TSUKI (CHUDAN) | =====> | KAITEN NAGE (SOTO MAWARI) (dos formas) |
| 3) KOSA DORI | =====> | KOTE GAESHI (dos formas) |
| 4) RYOTE DORI | =====> | KOTE GAESHI |
| 5) KATATE DORI | =====> | KOKYU NAGE (JODAN - CHUDAN - GEDAN) |
| 6) USHIRO RYOTE DORI | =====> DAI =====> | SANKYO (OMOTE Y URA WAZA) |
| 7) USHIRO RYOTE DORI | =====> DAI =====> | YONKYO (OMOTE Y URA WAZA) |

SUWARI WAZA

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|-----------------|-------------------|---------------------------|
| 1) KATA DORI | =====> DAI =====> | IKKYOU (OMOTE Y URA WAZA) |
| 2) KATA DORI | =====> DAI =====> | NIKYO (OMOTE Y URA WAZA) |
| 3) KATA DORI | =====> DAI =====> | SANKYO (OMOTE Y URA WAZA) |
| 4) KATA DORI | =====> DAI =====> | YONKYO (OMOTE Y URA WAZA) |
| 5) YOKOMEN UCHI | =====> DAI =====> | IKKYOU (OMOTE Y URA WAZA) |
| 6) YOKOMEN UCHI | =====> DAI =====> | NIKYO (OMOTE Y URA WAZA) |
| 7) YOKOMEN UCHI | =====> DAI =====> | SANKYO (OMOTE Y URA WAZA) |
| 8) YOKOMEN UCHI | =====> DAI =====> | YONKYO (OMOTE Y URA WAZA) |
| 9) YOKOMEN UCHI | =====> DAI =====> | GOKYO (URA WAZA) |

HANMIHANDACHI WAZA

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| 1) KATATE DORI | =====> | KAITEN NAGE (SOTO MAWARI) |
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BUKI WAZA

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| 1) JO SUBURI NIJUPPON |
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- 20 MOVIMIENTOS FUNDAMENTALES DEL JO