

# Programmi tecnici d'esame

## **GOKYU (5° livello)**

KATATE DORI TAI NO HENKO (kihon, irimi e ki no nagare)

MOROTE DORI KOKYU HO

SHOMEN UCHI DAI IKKYO (omote e ura waza)

KATATE DORI SHIHO NAGE (omote e ura waza)

SHOMEN UCHI IRIMI NAGE

SUWARI WAZA - RYOTE DORI KOKYU HO (chudan)

JO SUBURI - TSUKI GOHON

KEN SUBURI - ICHI NO SUBURI

KEN SUBURI - NI NO SUBURI

KEN SUBURI - SAN NO SUBURI

## **YONKYU (4° livello)**

SHOMEN UCHI DAI NIKYO (omote e ura waza)

KATA DORI DAI IKKYO (omote e ura waza)

KATA DORI DAI NIKYO (omote e ura waza)

YOKOMEN UCHI SHIHO NAGE (omote waza)

JO SUBURI NIJUPPON

KEN SUBURI NANAHON

## **SANKYU (3° livello)**

SHOMEN UCHI DAI SANKYO (omote e ura waza)

SHOMEN UCHI DAI YONKYO (omote e ura waza)

KATA DORI DAI SANKYO (omote e ura waza)

KATA DORI DAI YONKYO (omote e ura waza)

RYOTE DORI SHIHO NAGE (omote e ura waza)

SHOMEN UCHI KOTE GAESHI

CHUDAN TSUKI KOTE GAESHI

KATATE DORI KOTE GAESHI

RYOTE DORI TENCHI NAGE

CHUDAN TSUKI IRIMI NAGE

SUWARI WAZA - SHOMEN UCHI KATAME WAZA (omote e ura waza)

ROKU NO JO

KEN NO AWASE - MIGI NO AWASE  
KEN NO AWASE - HIDARI NO AWASE  
KEN NO AWASE - GO NO AWASE  
KEN NO AWASE - SHICHI NO AWASE

## **NIKYU (2° livello)**

YOKOMEN UCHI KATAME WAZA (omote e ura waza)  
YOKOMEN UCHI DAI GOKYO  
KATATE DORI IRIMI NAGE (jodan - chudan - gedan)  
SHOMEN UCHI SHIHO NAGE (omote waza)  
KATATE DORI KAITEN NAGE (soto mawari e uchi mawari)  
YOKOMEN UCHI IRIMI NAGE  
KATATE DORI KATAME WAZA (omote e ura waza)  
RYOTE DORI KATAME WAZA (omote e ura waza)  
USHIRO RYOTE DORI DAI IKKYO (omote e ura waza)  
USHIRO RYOTE DORI DAI NIKYO (omote e ura waza)  
HANMIHANDACHI WAZA - KATATE DORI SHIHO NAGE (omote waza)  
SAN JU ICHI NO JO KATA

## **IKKYU (1° livello)**

SHOMEN UCHI KAITEN NAGE (soto mawari e uchi mawari)  
CHUDAN TSUKI KAITEN NAGE (soto mawari)  
KOSA DORI KOTE GAESHI  
RYOTE DORI KOTE GAESHI  
KATATE DORI KOKYU NAGE (jodan - chudan - gedan)  
USHIRO RYOTE DORI DAI SANKYO (omote e ura waza)  
USHIRO RYOTE DORI DAI YONKYO (omote e ura waza)  
SUWARI WAZA - KATA DORI KATAME WAZA (omote e ura waza)  
SUWARI WAZA - YOKOMEN UCHI KATAME WAZA (omote e ura waza)  
HANMIHANDACHI WAZA - KATATE DORI KAITEN NAGE (soto mawari)  
JU SAN NO JO KATA

## SHODAN

KATA DORI SHIHONAGE (omote waza)

KATA DORI KOTE GAESHI

KATA DORI IRIMINAGE (2 forme)

RYOTE DORI KOSHI NAGE (3 forme)

KATATE DORI KOSHI NAGE (2 forme)

SHOMEN UCHI KOSHI NAGE

YOKOMEN UCHI KOSHI NAGE

RYOTE DORI KOKYU NAGE (2 forme)

MOROTE DORI KOKYU NAGE (2 forme)

CHUDAN TSUKI DAI ROKKYO

USHIRO RYOTE DORI KOTE GAESHI (2 forme)

USHIRO RYOTE DORI KOSHI NAGE

USHIRO RYOTE DORI KOKYU NAGE (2 forme)

USHIRO RYOKATA DORI KOKYU NAGE

HANMIHANDACHI WAZA - SHOMEN UCHI IRIMINAGE

HANMIHANDACHI WAZA - SHOMEN UCHI KOTE GAESHI

HANMIHANDACHI WAZA - SHOMEN UCHI KAITEN NAGE (soto mawari)

SUWARI WAZA - RYOTE DORI KOKYU HO (jodan e gedan)

JO DORI - CHOKU TSUKI KOKYU NAGE (2 forme da aihanmi - 1 forma da gyaku hanmi)

TACHI DORI - SHOMENUCHI KOTE GAESHI (da gyaku hanmi)

TACHI DORI - SHOMEN UCHI KOKYU NAGE (da aihanmi)

TANKEN DORI - YOKOMEN UCHI DAI GOKYO

TANKEN DORI - CHUDAN TSUKI KOTE GAESHI

JO SUBURI NIJUPPON

KEN SUBURI NANAHON

KEN NO AWASE - MIGI NO AWASE

KEN NO AWASE - HIDARI NO AWASE

KEN NO AWASE - GO NO AWASE

KEN NO AWASE - SHICHI NO AWASE

## NIDAN

MOROTE DORI KOKYU HO (2<sup>^</sup> forma)

MOROTE DORI KOKYU HO (ki no nagare)

MUNA DORI JUJI NAGE

YOKOMEN UCHI KOSHI NAGE (2 forme)

MOROTE DORI KOSHI NAGE (2 forme)

USHIRO RYOTE DORI KOSHI NAGE (2 forme)

NININ DORI KOKYU NAGE

KATA DORI KATAME WAZA (ki no nagare)

SHOMEN UCHI KATAME WAZA (ki no nagare)

JO DORI - CHOKU TSUKI KOKYU NAGE (1 forma da gyaku hanmi e 2 forme da aihanmi)

TACHI DORI - SHOMEN UCHI IRIMI NAGE (da gyaku hanmi)

TACHI DORI - SHOMEN UCHI DAI ROKKYO (da gyaku hanmi)

TACHI DORI - SHOMEN UCHI KOKYU NAGE (da gyaku hanmi)

TACHI DORI - SHOMEN UCHI KOKYU NAGE (da aihanmi)

TANKEN DORI - YOKOMEN UCHI SHIHO NAGE (omote waza)

TANKEN DORI - YOKOMEN UCHI DAI GOKYO

TANKEN DORI - SHOMEN UCHI DAI GOKYU (da aihanmi e da gyaku hanmi)

TANKEN DORI - SHOMEN UCHI KOTE GAESHI (kihon e ki no nagare)

TANKEN DORI - CHOKU TSUKI KOKYU NAGE

TANKEN DORI - CHOKU TSUKI KAITEN NAGE (soto mawari)

TANKEN DORI - CHOKU TSUKI KOTE GAESHI

TANKEN DORI - CHOKU TSUKI DAI ROKKYO

SAN JU ICHI NO JO KATA

JU SAN NO JO KATA

## SANDAN

MOROTE DORI KOKYU HO (1^ forma in kihon e ki no nagare - 3^, 4^ e 5^ forma)

USHIRO RYOTE DORI KOTE GAESHI (2 forme)

USHIRO RYOTE DORI DAI SANKYO (oyo waza - omote e ura waza)

USHIRO RYOTE DORI KOSHI NAGE (2 forme)

USHIRO KATATE MUNA DORI KOKYU NAGE

USHIRO KATATE MUNA DORI KOSHI NAGE

USHIRO KATATE MUNA DORI JUJI NAGE

USHIRO RYOKATA DORI KOKYU NAGE (3 forme)

HIJI DORI KOKYU NAGE (2 forme)

SODE DORI KOKYU NAGE (3 forme)

SODE GUCHI DORI KOKYU NAGE

MOROTE DORI KOSHI NAGE (3 forme)

MOROTE DORI KOKYU NAGE (3 forme)

RYOTE DORI KOKYU NAGE (3 forme)

RYOKATA DORI KOKYU NAGE (2 forme)

RYOKATA DORI AIKI OTOSHI (2 forme)

YOKOMEN UCHI KATAME WAZA (ki no nagare)

USHIRO RYOTE DORI KATAME WAZA (ki no nagare)

MOROTE DORI KATAME WAZA - SHITA KARA UE NI (ki no nagare)

MOROTE DORI KATAME WAZA - UE KARA SHITA NI (ki no nagare)