



# EXAMEN C.D. CESARU LAGUNA

## AIKIDO - 5° Kyu

Cesarulaguna.es

POSICION		TECNICAS
Tachi waza	Katate ryote dori (Morote dori)	Kokyu ryoku yosei ho  Omote & ura
Suwari waza	Shomen uchi	Nikyo omote (45° - abajo) & ura (90°-135°)
Suwari waza & Tachi waza	Gyaku hanmi katate dori	Ikkyo omote (45°) & ura (90°)  Nikyo omote (45° ext.) & ura (90° ext.)
Suwari waza & Tachi waza	Kata dori,  Mune dori,  Sode dori	Ikkyo omote & ura  Nikyo omote & ura
Tachi waza	Gyaku hanmi katate dori	Tai sabaki: uchi kaiten, uchi irimi  Soto Kaiten nage (90°)(una forma)  Uchi kaiten nage (dos formas)  Nikyo omote(45°) & ura(90°)(90°/135°)
Tachi waza	Ai hanmi katate dori	Nikyo omote & ura  Kotegaeshi ura ( = direccion UKE + 90°)  Shiho nage omote (45°) & ura (135°)
Tachi waza	Shomen uchi	Nikyo omote(45°) & ura(90°)(90°/135°)  Irimi nage ura (Uke cae hacia su espalda)
Tachi waza	Yokomen uchi	Ikkyo omote & ura  Nikyo omote & ura  Shihonage omote (180°) & ura (315°)
Tachi waza	Ryote dori Ryote mochi	Ikkyo omote & ura  Nikyo omote & ura  Tenchin nage omote (45°)& ura (TK.=)