



EXAMEN C.D. CESARU LAGUNA

AIKIDO - 3° Kyu

Cesarulaguna.es

Hanmi handachi waza	Gyaku hanmi katate dori	Ikkyo omote & ura Nikyo omote & ura Sankyo omote & ura Yonkyo omote & ura Irimi nage omote & ura Kote gaeshi omote & ura Shiho nage <u>omote</u> & <u>ura</u>
Tachi waza	Kata dori Shomen uchi	Ikkyo omote & ura Nikyo <u>omote</u> & <u>ura</u> Sankyo <u>omote</u> & <u>ura</u> Yonkyo <u>omote</u> & <u>ura</u> Irimi nage omote & <u>ura</u> Kote gaeshi omote & ura Kokyu nage
Tachi waza	Shomen uchi	Gokyo <u>omote</u> & <u>ura</u> Shiho nage omote & ura Kaiten nage (Uchi – Soto) Sumi otoshi
Suwari waza	Shomen uchi	Gokyo <u>omote</u> & <u>ura</u> Soto kaiten nage
Tachi waza	Yokomen uchi	Gokyo omote & ura Irimi nage omote & <u>ura</u> Kote gaeshi omote & ura Jo, chu & gedan
Suwari waza	Yokomen uchi	Gokyo omote & ura

Tachi waza	Tsuki	Ikkyo omote & ura Nikyo omote & ura Sankyo omote & ura Yonkyo omote & ura Gokyo omote & ura Rokyo (Ude hishigi) Kaiten nage (Uchi – Soto)
Tachi waza	Ryote dori Ryote mochi	Irimi nage omote & ura Kote gaeshi omote & ura
Tachi waza	Katate ryote dori (Morote dori)	Ikkyo omote & ura Nikyo <u>omote</u> & <u>ura</u> Sankyo omote & ura Yonkyo omote & ura Shiho nage omote & ura Kote gaeshi omote & ura Ude kime nage (Juji nage) Kaiten nage (Uchi – Soto) Kokyu nage (basicos) (taisabaki)
Tachi waza	Ushiro Mune daki shime	Shiho nage omote & ura Kote gaeshi omote & ura