



# EXAMEN C.D. CESARU LAGUNA

## AIKIDO - 4° Kyu

Cesarulaguna.es

Posición		Técnicas
Tachi waza	Yokomen uchi	Tai sabaki: irimi, tenkan
Tachi waza	Shomen uchi, Tsuki	Tai sabaki: irimi, tenkan uchi irimi
Suvari waza	Ai hanmi katate dori	Sankyo omote & ura  Yonkyo omote & ura  Kote gaeshi ura
Suvari waza	Shomen uchi	Sankyo omote (45°) & ura (135°/90°)  Yonkyo omote (45°) & ura (90°)  Irimi nage ura  Kote gaeshi omote & ura
Suvari waza	Yokomen uchi	Salida ext. 315°  Ikkyo omote (45°) & ura (135°)  Nikyo omote (45°) & ura (90°/135°)  Sankyo omote (45°) & ura (90°/135°)  Yonkyo omote (jodan, chudan 45°) & ura (90°)
Tachi waza & Suvari waza	Kata dori  Sode dori	Sankyo omote & ura  Yonkyo omote & ura
Tachi waza	Gyaku hanmi katate dori	Sankyo omote & ura (-/TENKAN)  Yonkyo omote & ura (90° grados, 1/2 TENKAN)  Irimi nage omote & ura  Kote gaeshi omote (jodan,gedan) & ura (jodan)  Sumi otoshi omote & ura

Tachi waza	Ai hanmi katate dori	Sankyo omote & ura Yonkyo omote & ura Soto kaiten nage omote & ura Sumi otoshi omote & ura
Tachi waza	Shomen uchi	Sankyo omote & ura Yonkyo omote & ura Irimi nage omote & ura Kote gaeshi omote & ura Uchi kaiten sankyo omote&ura
Tachi waza	Yokomen uchi	Sankyo omote & ura Yonkyo omote & ura Ude kime nage (Juji nage)
Tachi waza	Tsuki	Irimi nage omote & ura Kote gaeshi omote & ura Sumio toshi Uchi kaiten sankyo
Tachi waza	Ryote dori Ryote mochi	Sankyo omote & ura Yonkyo Rokyo (Ude hishigi) Shiho nage omote & ura Tenchi nage Kokyu nage
Tachi waza	Katate ryote dori (Morote dori)	Shiho nage omote & ura Ude kime nage Kokyu nage (basico)