



EXAMEN C.D. CESARU LAGUNA

AIKIDO - 2º Kyu

Cesarulaguna.es

Posicion		Técnica
Tachi waza	Gyaku hanmi katate dori	Jiyu waza Koshi nage Ude garami nage
Tachi waza	Ai hanmi katate dori	Jiyu waza Koshi nage Ude garami nage
Suwari waza	Kata dori Men uchi	Kote gaeshi omote & ura
Hanmi handachi waza	Shomen uchi	Ikkyo omote & ura Nikyo omote & ura Sankyo omote & ura Yonkyo omote & ura Irimi nage jo, chu & gedan Kote gaeshi jo, chu & gedan Sumi otoshi
Hanmi handachi waza	Yokomen uchi	Shiho nage omote & ura Kote gaeshi omote & ura Uchi kaiten nage Uchi kaiten kata gatame

Suwari waza	Tsuki	Ikkyo omote & ura Nikyo omote & ura Sankyo omote & ura Yonkyo omote & ura Gokyo omote & ura Rokyo (Ude hishigi) Irimi nage omote & ura Kote gaeshi omote & ura Soto kaiten nage
Tachi waza	Ryote dori Ryote mochi	Jiyu waza
Tachi waza	Katate ryote dori (Morote dori)	Jiyu waza
Hanmi handachi waza	Katate ryote dori (Morote dori)	Shiho nage omote & ura)
Tachi waza	Ushiro ryo kata dori Ushiro Mune daki shime	Ikkyo omote & ura Nikyo omote & ura Sankyo omote & ura Yonkyo omote & ura Shiho nage omote & ura Kote gaeshi omote & ura Ude garami nage Kokyu nage (básicos)