



PROGRAMA EXAMENELOR DE GRAD  
FEDERAȚIA ROMÂNĂ DE AIKIDO YOSHINKAN  
(valabilă începând cu Ianuarie 2010)

www.fray.ro

**KYU 4** (echivalent **centură verde**)

→ minim 6 luni de practică / 144 ore de antrenament de la obținerea ultimului grad

→ tehnicile vor fi executate pe dreapta și pe stânga (Migi / Hidari)

**KIHON WAZA:**

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henko 1
4. Tai no henko 2
5. Hiriki no yosei 1
6. Hiriki no yosei 2
7. Shumatsu dosa 1
8. Shumatsu dosa 2
9. Shomen-uchi yonkajo osae 1
10. Mune mochi hijishime osae 2
11. Shomen-uchi kote gaeshi 2
12. Ryote mochi tenchi nage 1
13. Suwari waza ryote mochi kokyu ho 1
14. Shomen-uchi shomen irimi nage 1

**SHITEI WAZA:** *minim 8x tachi waza, 4x suwari waza, 2x hanmi hantachi waza*

**Tachi waza:**

➤ **Katame waza:**

○ **IKKAJO (UDE OSAE):**

- Shomen-uchi ikkajo osae 1/2
- Katate ayamochi ikkajo osae 1/2
- Katate mochi ikkajo osae 1/2
- Kata mochi ikkajo osae 1/2
- Ushiro ryote mochi ikkajo osae 1/2
- Ushiro ryo kata mochi ikkajo osae 1/2
- Morote mochi ikkajo osae 1/2
- Kata mochi (sho)men-uchi ikkajo osae 1/2
- Kata mochi yokomen-uchi ikkajo osae 1/2
- Yokomen-uchi ikkajo osae 1/2
- Mune mochi ikkajo osae 1/2

○ **NIKAJO (KOTE MAWASHI):**

- Shomen-uchi nikajo osae 1/2
- Katate ayamochi nikajo osae 1/2
- Kata mochi nikajo osae 1/2
- Mune mochi nikajo osae 1/2
- Morote mochi nikajo osae 1/2
- Ushiro ryote mochi nikajo osae 1/2
- Yokomen-uchi nikajo osae 1/2

○ **SANKAJO (KOTE HINERI):**

- Katate ayamochi sankajo osae 1/2
- Ushiro ryote mochi sankajo osae 1/2
- Katate mochi sankajo osae 1/2
- Ushiro ryo kata mochi sankajo osae 1/2
- Yokomen-uchi sankajo osae 1/2

○ **YONKAJO (TEKUBI OSAE):**

- Shomen-uchi yonkajo osae 1/2
- Yokomen-uchi yonkajo osae 1/2

○ **HIJI SHIME OSAE / HIJI KIME OSAE (UDE HISHIJI):**

- Mune mochi hiji shime osae 1/2



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- Nage waza:
  - **SHIHO NAGE:**
    - **Katate mochi shiho nage 1/2**
    - **Katate ayamochi shiho nage 1/2**
    - **Ushiro ryote mochi shiho nage 1/2**
    - **Yokomen-uchi shiho nage 1/2**
    - **Morote mochi shiho nage 1/2**
    - **Mune mochi shiho nage 1/2**
    - *Kata mochi (sho)men uchi shiho nage 1*
    - *Kata mochi yokomen-uchi shiho nage 1*
  - **IRIMI NAGE:**
    - **Katate ayamochi shomen irimi nage 1/2**
    - **Katate mochi shomen irimi nage 1/2**
    - **Shomen-uchi shomen irimi nage 1/2**
    - **Ushiro ryote mochi shomen irimi nage 1/2**
    - **Chudan/Jodan tsuki shomen irimi nage 1/2**
    - **Morote mochi shomen irimi nage 1/2**
    - **Ryote mochi shomen irimi nage 1/2**
  - **KOTE GAESHI:**
    - **Katate ayamochi kote gaeshi 1/2**
    - **Shomen-uchi kote gaeshi 1/2**
    - **Yokomen-uchi kote gaeshi 1/2**
    - **Chudan/Jodan (shomen) tsuki kote gaeshi 1/2**
    - *Katate mochi kote gaeshi 1/2*
    - *Morote mochi kote gaeshi 1/2*
    - *Ushiro ryote mochi kote gaeshi 1/2*
    - *Ushiro ryo kata mochi kote gaeshi 1/2*
  - **SOKUMEN IRIMI NAGE:**
    - **Katate mochi sokumen irimi nage 1/2**
    - **Katate ayamochi sokumen irimi nage 1/2**
    - **Ushiro ryote mochi sokumen irimi nage 1/2**
  - **HIJI ATE KOKYU NAGE (UDE KIME NAGE):**
    - **Katate ayamochi hiji ate kokyu nage 1/2**
    - **Katate mochi hiji ate kokyu nage 1/2**
    - **Yokomen-uchi hiji ate kokyu nage 1/2**
    - *Morote mochi hiji ate kokyu nage 1/2*
    - *Ushiro ryote mochi hiji ate kokyu nage 1/2*
  - **TENCHI NAGE:**
    - **Ryote mochi tenchi nage 1/2**
    - **Katate mochi tenchi nage 1/2**
    - *Shomen-uchi tenchi nage 1/2*
  - **AIKI OTOSHI:**
    - **Ushiro ryo kata mochi aiki otoshi 1/2**
    - *Ushiro ryote mochi aiki otoshi 1/2*
  - **SUMI OTOSHI:**
    - **Katate mochi sumi otoshi 1/2**
    - *Shomen-uchi sumi otoshi 1/2*



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- **KAITEN NAGE:**
  - **Katate ayamochi kaiten nage soto 1/2**
  - **Katate mochi kaiten nage soto/uchi 1/2**
  - **Shomen-uchi kaiten nage soto 1/2**
  - **Shomen-uchi kaiten nage uchi 2**

**Suwari waza:**

- **Katame waza:**
  - **IKKAJO (UDE OSAE):**
    - **Katate ayamochi ikkajo osae 1/2**
    - **Shomen-uchi ikkajo osae 1/2**
    - **Katate mochi ikkajo osae 1/2**
    - **Katate mochi ikkajo osae 1/2**
    - **Kata mochi ikkajo osae 1/2**
    - **Kata mochi (sho)men-uchi ikkajo osae 1/2**
  - **NIKAJO (KOTE MAWASHI):**
    - **Katate mochi nikajo osae 1/2**
    - **Katate ayamochi nikajo osae 1/2**
    - **Mune mochi nikajo osae 1/2**
    - **Shomen-uchi nikajo osae 1/2**
  - **SANKAJO (KOTE HINERI):**
    - **Katate mochi sankajo osae 1/2**
    - **Katate ayamochi sankajo osae 1/2**
    - **Shomen-uchi sankajo osae 1/2**
- **Nage waza:**
  - **SHIHO NAGE:**
    - **Katate ayamochi shiho nage 1/2**
    - **Katate mochi shiho nage 1/2**
    - **Yokomen-uchi shiho nage 1/2**
  - **IRIMI NAGE:**
    - **Katate ayamochi shomen irimi nage 1/2**
    - **Shomen-uchi shomen irimi nage 1/2**
    - **Yokomen-uchi shomen irimi nage 1/2**
  - **SOKUMEN IIRIMI NAGE:**
    - **Ryote mochi sokumen irimi nage 1/2**
    - **Katate mochi sokumen irimi nage 1/2**
    - **Katate ayamochi sokumen irimi nage 1/2**
    - **Yokomen-uchi sokumen irimi nage 1/2**
  - **KOTE GAESHI:**
    - **Katate mochi kote gaeshi 1/2**
    - **Katate ayamochi kote gaeshi 1/2**
    - **Shomen-uchi kote gaeshi 1/2**



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**Hanmi hantachi waza:**

- **Katame waza:**
  - **IKKAJO (UDE OSAE):**
    - **Shomen-uchi ikkajo osae 1/2**
  
- **Nage waza:**
  - **SHIHO NAGE:**
    - **Katate mochi shiho nage 1/2**
    - **Ryote mochi shiho nage 1/2**
    - **Yokomen-uchi shiho nage 1/2**
  - **IRIMI NAGE:**
    - **Katate mochi shomen irimi nage 2**
    - **Shomen-uchi shomen irimi nage 2**
  - **KAITEN NAGE:**
    - **Shomen-uchi kaiten nage soto 1/2**
    - **Shomen-uchi kaiten nage uchi 2**

**Bokken (sabie):**

- **Ken suburi (complet)**

**Jo (baston):**

- **Jo suburi (complet)**