



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

www.fray.ro

KYU 3-2 (echivalent **centură albastră**)

→ minim 6 luni / 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 | 8. Shumatsu dosa 2 |
| 2. Hidari hanmi no kamae | 9. Shomen-uchi yonkajo osae 2 |
| 3. Tai no henko 1 | 10. Kata mochi ikkajo osae 2 |
| 4. Tai no henko 2 | 11. Shomen-uchi kote gaeshi 1 |
| 5. Hiriki no yosei 1 | 12. Ryote mochi tenchi nage 2 |
| 6. Hiriki no yosei 2 | 13. Suwari katate mochi sokumen irimi nage 1 |
| 7. Shumatsu dosa 1 | 14. Suwari waza ryote mochi kokyu ho 1 |

SHITEI WAZA: *minim 10x tachi waza, 5x suwari waza, 3x 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 shomen-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**
- Ryo kata mochi ikkajo osae 1/2
- Hiji (sode) mochi ikkajo osae 1/2
- *Ryo hiji (sode) 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**
- Kata mochi yokomen-uchi nikajo osae 1/2
- *Kata mochi shomen-uchi nikajo osae 1/2*
- *Ushiro ryo kata mochi 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**



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

www.fray.ro

- **Ushiro ryo kata mochi sankajo osae 1/2**
- **Yokomen-uchi sankajo osae 1/2**
- Kata mochi sankajo osae 1/2
- *Kata mochi shomen-uchi sankajo osae 1/2*
- *Kata mochi yokomen-uchi sankajo osae 1/2*
- **YONKAJO (TEKUBI OSAE):**
 - **Shomen-uchi yonkajo osae 1/2**
 - **Yokomen-uchi yonkajo osae 1/2**
- **GOKAJO (UDE NOBASHI):**
 - Yokomen-uchi gokajo osae 1/2
- **HIIJI SHIME (KIME) OSAE / UDE HISHIJI UDE GATAME:**
 - **Mune mochi hiji shime osae 1/2**
 - Shomen-uchi hiji shime osae 1/2
 - *Yokomen-uchi hiji shime osae 1/2*
 - *Kata mochi hiji shime osae 1/2*
- **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 shomen uchi shiho nage 1**
 - **Kata mochi yokomen-uchi shiho nage 1**
 - Shomen-uchi shiho nage 1/2
 - *Ryote mochi shiho nage 1/2*
 - *Chudan/Jodan tsuki shiho nage 1/2*
 - **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**
 - Kata mochi yokomen-uchi shomen irimi nage 1/2
 - *Ushiro ryo kata mochi shomen irimi nage 1/2*
 - *Ushiro eri 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**



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

www.fray.ro

- **Ushiro ryo kata mochi kote gaeshi 1/2**
- Kata mochi yokomen-uchi kote gaeshi 1/2
- *Chudan/Jodan tsuki kote gaeshi 1/2*
- **KOSHI NAGE:**
 - Katate ayamochi koshi nage 1/2
 - Katate mochi koshi nage 1/2
 - *Ushiro ryote mochi koshi nage 1/2*
 - *Shomen-uchi koshi nage 1/2*
- **JUJI GARAMI NAGE:**
 - Morote mochi juji garami nage 1/2
 - *Ushiro ryote mochi juji garami nage 1/2*
 - *Katate ayamochi juji garami nage 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**
 - Ushiro ryo kata 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**
- **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**



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

www.fray.ro

- **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**
- **GOKAJO (UDE NOBASHI):**
 - **Yokomen-uchi gokajo 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**
 - **Katate mochi 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**
 - **Katate mochi kote gaeshi 1/2**

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**
 - **Jodan tsuki shiho nage 1/2**
 - **IRIMI NAGE:**
 - **Katate mochi shomen irimi nage 2**
 - **Shomen-uchi shomen irimi nage 2**



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

www.fray.ro

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

Bokken (sabie) :

- Kata de bokken
- Tehnici de apărare la atacurile de bokken (Shite este fără bokken):
 - Shomen-uchi ikkajo osae
 - Yokomen-uchi shiho nage
- Tehnici de apărare bokken contra bokken, la atacurile:
 - Shomen-uchi
 - Yokomen-uchi

Jo (baston):

- Kata de jo (baston)
- Tehnici de apărare la atacurile de baston (Shite este fără baston):
 - Shomen tsuki kokyu nage
 - Shomen-uchi irimi nage
 - Yokomen-uchi shiho nage
- Tehnici de apărare baston contra baston, la atacurile:
 - Shomen tsuki
 - Shomen-uchi
 - Yokomen-uchi