



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

www.fray.ro

**KYU 1** (echivalent **centură maro**)

→ 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. Mune mochi hiji shime osae 1            |
| 2. Hidari hanmi no kamae | 9. Katate mochi nikajo osae 2              |
| 3. Tai no henko 1        | 10. Suwari waza shomen-uchi sankajo osae 2 |
| 4. Hiriki no yosei 1     | 11. Katate mochi sokumen irimi nage 1      |
| 5. Hiriki no yosei 2     | 12. Katate mochi shomen irimi nage 1       |
| 6. Shumatsu dosa 1       | 13. Shomen-uchi kote gaeshi 2              |
| 7. Shumatsu dosa 2       | 14. Suwari waza ryote mochi shiho nage 2   |

**SHITEI WAZA:** *minim 12x tachi waza, 6x suwari waza, 3x hanmi hantachi waza*

**Tachi waza** ( 118 tehnici ):

➤ **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**
- **Ushiro eri mochi ikkajo osae 1/2**
- **Ushiro katate mochi kubi shime ikkajo osae 1/2**
- **Chudan/Jodan tsuki 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**



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- **Kata mochi shomen-uchi nikajo osae 1/2**
- **Ushiro ryo kata mochi nikajo osae 1/2**
- **Chudan/Jodan tsuki 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**
  - **Kata mochi sankajo osae 1/2**
  - **Kata mochi shomen-uchi sankajo osae 1/2**
  - **Kata mochi yokomen-uchi sankajo osae 1/2**
  - **Chudan/Jodan tsuki 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**
  - **Shomen-uchi gokajo osae 1/2**
- **HIJI 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**
  - **Jodan tsuki 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**
    - **Ushiro eri mochi shiho nage 1/2**
    - **Ushiro katate mochi kubi shime shiho nage 1/2**
  - **KOTE GAESHI:**
    - **Katate ayamochi kote gaeshi 1/2**
    - **Shomen-uchi kote gaeshi 1/2**
    - **Yokomen-uchi kote gaeshi 1/2**



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- 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
- Kata mochi yokomen-uchi kote gaeshi 1/2
- Chudan/Jodan tsuki kote gaeshi 1/2
- Ushiro eri mochi kote gaeshi 1/2
- Ushiro katate mochi kubi shime 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
  - 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
  - Jodan tsuki hiji ate kokyu nage 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
  - Chudan/Jodan tsuki koshi 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
  - Ushiro katate mochi kubi shime irimi 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
- TENCHI NAGE:
  - Ryote mochi tenchi nage 1/2
  - Katate mochi tenchi nage 1/2
  - Shomen-uchi tenchi nage 1/2



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- 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
  - Chudan/Jodan tsuki sumi otoshi 1/2
- AIKI NAGE:
  - Shomen-uchi aiki nage 1
  - Jodan tsuki aiki nage 1
- 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
  - Jodan tsuki kaiten nage soto/uchi 2
- MAE GERI SOKUMEN IRIMI NAGE

**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
  - 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



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- **SOKUMEN IRIMI 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 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**
  - **KAITEN NAGE:**
    - **Shomen-uchi kaiten nage soto 1/2**
    - **Shomen-uchi kaiten nage uchi 2**
    - **Katate mochi kaiten nage soto 1/2**
  - **HIJI ATE KOKYU NAGE (UDE KIME NAGE):**
    - **Yokomen-uchi hiji ate kokyu nage 1/2**
  - **SUMI OTOSHI:**
    - **Yokomen-uchi sumi otoshi 1/2**

**Futari Dori (Ninin Gake) (= atac sincron a doi adversari):**

- **Morote mochi nikajo kokyu nage 1/2**
- **Morote mochi shiho nage 1/2**
- **Morote mochi juji garami 1/2**

**Tanto dori (atac de cuțit):**

- **Tsuki kote gaeshi 1/2**
- **Tsuki hiji shime osae 1/2**
- **Yokomen-uchi shiho nage 1/2**
- **Yokomen-uchi gokajo osae 1/2**
- **Tsuki sokumen irimi nage – cu blocarea gâtului sub braț**
- **Tsuki sankajo uchi kaiten 1/2**



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**Bokken (sabie) :**

- Kata de bokken
- Tehnici de apărare la atacurile de bokken (Shite este fără bokken):
- Tehnici de apărare bokken contra bokken (Shite este cu bokken):

**Jo (baston):**

- Kata de jo (baston)
- Tehnici de apărare la atacurile de baston (Shite este fără baston)
- Tehnici de apărare baston contra baston (Shite este cu baston)

**Jiyu Waza:** tehnică liberă contra unui atac prestabilit (1 – 2 min)