



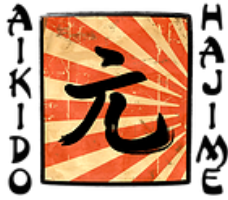
AIKIDO HAJIME A.S.D.

AFFILIATA C.S.E.N.

TSUZUKIWAZA AIKIDO 2016



<p>1 <u>Katatedori Tenshin:</u></p> <ol style="list-style-type: none"> 1. Kokyunage 2. Kirikaeshi 3. Zenponage 4. Kaitennage Uchi Tenkan 5. Ikkyo Tenkan 6. Yonkyo 7. Nikyo (katameru) 	<p>2 <u>Ushirokatatedori:</u></p> <ol style="list-style-type: none"> 1. Kubijime Uragaeshi 2. Kubijime Zenpo Tenbin Udekimin 3. Kubijime Koteoroshi (1° mano) 4. Ikkyo Tenshin 5. Sankyonage 6. Koteoroshi (2° mano) 7. Shihonage 	<p>3 <u>Ryotemochi:</u></p> <ol style="list-style-type: none"> 1. Ikkyo Tenshin 2. Kokyunage Tenshin 3. Kokyunage Hachinoji 4. Zenponage (interno) 5. Nikyo Irimi 6. Koteoroshi Katameru 7. Tobikomi chiusura Sankyo
<p>4 <u>Ryotedori:</u></p> <ol style="list-style-type: none"> 1. Kokyunage Irimi (diretto) 2. Koteoroshi Irimi 3. Kokyunage Sayuwaza 4. Tenchinage Irimi 5. Tenchinage Tenshin 6. Zenponage mano al polso 7. Kirikaeshi mano al polso 	<p>5 <u>Ryokatadori:</u></p> <ol style="list-style-type: none"> 1. Zenponage 2. Kirikaeshi 3. Kokyunage Hikoki pass. sotto 4. Sudori 5. Kokyunage diretto giro compl. 6. Nikyo Tenshin 7. Zenponage interno braccia 	<p>6 <u>Ushirodori:</u></p> <ol style="list-style-type: none"> 1. Sankyo presa sotto le braccia 2. Koteoroshi cintura da dietro 3. Sankyo cintura da dietro 4. Zenponage 5. Hijidori Kokyunage irimi 6. Ushiroryotedori Koteoroshi 7. Ushiroryotedori Ikkyo
<p>7 <u>Shomenuchi:</u></p> <ol style="list-style-type: none"> 1. Ikkyo Irimi 2. Ikkyo Tenshin 3. Kokyunage 4. Shihonage 5. Zenponage 6. Kirikaeshi 7. Sankyo pass. Sotto braccio 	<p>8 <u>Yokomenuchi:</u></p> <ol style="list-style-type: none"> 1. Sudori passare davanti 2. Sudori Ojigi abbassarsi 3. Kokyunage Irimi 4. Shihonage t-i 5. Shihonage t-t 6. Zenponage sotto al braccio 7. Kokyunage Hachinoji 	<p>9 <u>Tsuki e Keri:</u></p> <ol style="list-style-type: none"> 1. Tsuki Koteoroshi nage 2. Tsuki Ikkyo Hantai 3. Tsuki Hantai Koteoroshi nage 4. Keri Irimi statico 5. Keri Irimi dinamico 6. Mawashigeri Chudan (basso) 7. Mawashigeri Jordan (alto)
<p>10 <u>Taninzugake:</u></p> <ol style="list-style-type: none"> 1. Ryotemochi Ikkyo 2 uke sx-dx 2. Futarigake Zenponage 1volta 3. Futarigake Udemawashi 1 volta 4. Futarigake Seiretsu sx-dx 5. Futarigake Shihonage sx-dx 6. Sanningake Seiretsu sx-dx 7. Yoningake libero 	<p>11 <u>Katatedori Irimi:</u></p> <ol style="list-style-type: none"> 1. Kokyunage Irimi 2. Kokyunage cambio mano 3. Uchiwanage 4. Shihonage Irimi 5. Kaitennage Uchi sotto braccio 6. Ikkyo Irimi 7. Kaitennage Soto irimi mov polso 	<p>12 <u>Ushirokatatedori:</u></p> <ol style="list-style-type: none"> 1. Kubijime Sankyo (anulare) 2. Kubijime Shihonage da Sankyo 3. Katate Kosadori Kokyunage 4. Katate Kosadori Koteoroshi 5. Makikaeshi statico 6. Makikaeshi dinamico 7. Kirikaeshi
<p>13 <u>Ryotemochi:</u></p> <ol style="list-style-type: none"> 1. Kokyunage Irimi 2. Kokyunage Udemawashi 3. Kokyunage Hachinoji 4. Nikyo Tenshin 5. Shihonage Irimi 6. Zenponage (passo avanti) 7. Zenponage (gyaku hanmi) 	<p>14 <u>Zagi Ryotedori:</u></p> <ol style="list-style-type: none"> 1. Kokyunage 1 mano sopra 2. Kokyunage 2 mano sotto 3. Kokyunage 3 prolungare (sx-sx-sx - dx-dx-dx) 4. Ryotedori Zenponage uke in piedi nel 2° attacco 5. Ryotedori Hakucho no mizumi 6. Ushirokatadori Zenponage 7. Ryotedori Shihonage (finire in piedi) 	<p>15 <u>Ushiro Ryokatadori:</u></p> <ol style="list-style-type: none"> 1. Kokyunage 1° forma statico 2. Kokyunage 1° forma dinamico 3. Kokyunage 2° forma 4. Zenponage Hanmi Handachi 5. Ikkyo 6. Koteoroshi 7. Sankyo



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<p>16 Handachi:</p> <ol style="list-style-type: none"> Osaeru cintura, a terra Kaitennage cintura, proiett. Kaitennage Handachi att basso H. Shomenuchi Kokyunage H. Tsuki Koteoroshi katameru H. Keri Ashidori H. Mawashigeri Ashidori 	<p>17 Katadori Menuchi:</p> <ol style="list-style-type: none"> Kokyunage Irimi statico (sopra) Kokyunage Irimi dinamico (sotto) Kokyunage Irimi (assorbire attacco) Kokyunage Hachinoji Nikyo Uragaeshi Sankyo Zenponage 	<p>18 Yokomenuchi:</p> <ol style="list-style-type: none"> Kokyunage Irimi Kokyunage Jujinage cambio mano Atemi Shihonage Irimi Koteoroshi Irimi Irimi Koteoroshi Irimi Tenshin Zenponage Tenbin
<p>19 Tsuki:</p> <ol style="list-style-type: none"> Yokomenuchi Hanmi Zenponage Shomenuchi Gyaku Hanmi Kubikiri (palmo in basso, al viso) Yokomenuchi Hantai Uchiwanage Kaitennage Soto Irimi 	<p>20 Jonage:</p> <ol style="list-style-type: none"> Kokyunage Kirikaeshi Zenponage Ushirokaeshi (spazzata) Nikyo Koteoroshi Shihonage Sakatemochi Ushiro Zenpo Zenponage (2 uke, alto-basso) Seiretsu con 3 uke Sanningake attacco da 3 uke 	<p>21 Tantodori 1:</p> <ol style="list-style-type: none"> Tsuki Koteoroshi Tsuki Ikkyo Irimi Shomenuchi Koteoroshi Shomenuchi Kokyunage Yokomenuchi Shihonage Tsuki Menuchi statico Tsuki Menuchi dinamico Sankyo
<p>22 Tantodori 2:</p> <ol style="list-style-type: none"> Ushiro Kubijime Sankyo Ushiro Kubijime Shihonage Ushiro Tsuki Koteoroshi Ushiro Tsuki Ikkyo Tsuki Zenponage (att. 2 mani) Tsuki Kaitennage (att. 2 mani) Tsuki Sakatemochi: Yokomenuchi Irimi Sakatemochi Gokyo 	<p>23 Bokkendori:</p> <ol style="list-style-type: none"> Shomenuchi Sudori e Kokyunage Shomenuchi Koteoroshi e Irimidori Yokomenuchi Irimi dx-sx Yokomenuchi Shihonage Tsuki Koteoroshi Tsuki Zenponage dx-sx Tsuki Nikyo 	<p>24 Jodori:</p> <ol style="list-style-type: none"> Yokomenuchi Zenponage Yokomenuchi Shihonage Tsuki Kaeshi Tsuki Zenponage Tsuki Kirikaeshi Douchi Kokyunage Yokobarai Kokyunage
<p>25 Jo e Bokken 1: Tsuzukiwaza in coppia Jo esegue il Katà n° 1 Uke si muove col Bokken</p>	<p>26 Jo e Bokken 2: Tsuzukiwaza in coppia Jo esegue il Katà n° 2 Uke si muove col Bokken</p>	<p>27 Happo Giri:</p> <ol style="list-style-type: none"> Shomenuchi, attendere in seiza, uscita laterale, taglio al polso. Rimanere in seiza Alzarsi in piedi, Shomenuchi, uscita laterale, colpo al polso. Rimanere in piedi Shomenuchi uke, taglio al polso e Gyaku Yokomen Shomenuchi uke, Do Uchi, in avanti e irimitenkan Nage in Jodan, uke Tsuki sx, iniziare Happo Giri.
<p>28 Bokken 2° katà: Tsuzukiwaza in coppia Bokken Katà n° 2 (entrambi)</p>	<p>29 Bokken Kunitachi :</p> <ol style="list-style-type: none"> Kote Uchi Do Uchi Gyaku Do Uchi Tsuki (dx) Shomenuchi Yokomenuchi, Gyaku Yokomen 	<p>30 Shinken:</p> <ol style="list-style-type: none"> Shomenuchi da Chudan Shomenuchi, Gedan, Ushiro Shomen Kesagake Yokobarai Gyaku Kesagake Yokobarai Kesagake Yokobarai in ginocchio Gyaku Kesagake Yokobarai in ginocchio Yokomenuchi, Gyaku Yokomenuchi