



AIKIDO HAJIME A.S.D.

AFFILIATA C.S.E.N.

PROGRAMMA ESAME DI AIKIDO

BAMBINI 8 - 13 ANNI



ginnastica a terra per tutti

grado	hitori undo	kumiwaza	jo e bokken
cintura gialla	1 ^o ushiro ukemi undo per tutti 2 ^o zempo kaiten undo per tutti 3 ^o udefuri undo 4 ^o udefuri chuyaku undo 5 ^o tenshin undo 6 ^o sayu undo 7 ^o sayu choyaku undo	tsuzukiwaza n 1. 2	jo tsuki shomenuchi
cintura arancione	8 ^o ikkyo undo 9 ^o ikkyo tenshin undo 10 ^o happo undo	tsuzukiwaza n 1. 2. 3	jo yokomenuchi
cintura verde	11 ^o zenshin koshin undo 12 ^o zenshin koshin chuyaku undo	tsuzukiwaza n 1. 2. 3. 4	shomenuchi bokken tsuki bokken
cintura blu	13 ^o nikyo undo 14 ^o koteoroshi undo 15 ^o sankyo undo	tsuzukiwaza n 2. 3. 4. 5	jo 6 attacchi
cintura blu - rossa	16 ^o funakogi undo 17 ^o ushirotori undo 18 ^o kaho tekubikosa undo 19 ^o joho tekubikosa undo	tsuzukiwaza n 3. 4. 5. 6	jo kata n 1 6 movimenti
cintura rossa	20 ^o ushiro tekubitori zenshin undo 21 ^o ushiro tekubitori zenshin koshin undo 22 ^o shikko	tsuzukiwaza n 4. 5. 6. 7	jo kata n 1 12 movimenti
cintura marrone	23 ^o hitori undo con ritmo giusto 24 ^o zempo kaiten undo con bokken	tsuzukiwaza n 6. 7. 8. 9	
marrone nera	coordinare ginnastica a terra e hitori undo	tutti i tsuzukiwaza 1 - 10	