

## Esame per C. Verde Sankyu

### TAI SABAKI awase

- Shomenuchi: tsugi ashi, ayumi ashi
- Yokomenuchi: tsugi ashi, ayumi ashi, ushiro ayumi ashi, naname yoko ayumi ashi

### TAI JUTSU

#### TACHI WAZA (Forma di esecuzione KOTAI)

KATATE DORI TAI NO HENKO	ki hon	
MOROTE DORI KOKYU HO		
KATATE DORI NIKYO	ura waza	
KATATE DORI SANKYO	omote waza	ura waza
KATATE DORI KOTEGAESHI		
KATATE DORI KAITEN NAGE UCHI MAWARI		
MOROTE DORI KOKYU NAGE	henka	
MOROTE DORI IRIMI NAGE		
MOROTE DORI KOTE GAESHI		
RYOTE DORI IKKYO	omote waza	ura waza
RYOTE DORI TEN CHI NAGE		
RYOTE DORI SHI HO NAGE	omote waza	ura waza
RYOTE DORI KOKYU NAGE	ichi no katachi	ni no katachi
SHOMEN UCHI SANKYO	omote waza	ura waza
SHOMEN UCHI KAITEN NAGE SOTO MAWARI		
SHOMEN UCHI IRIMI NAGE		
YOKOMEN UCHI KOTE GAESHI		
YOKOMEN UCHI SHI HO NAGE	omote waza	ura waza
YOKOMEN UCHI IRIMI NAGE		
YOKOMEN UCHI IKKYO	omote waza	ura waza
YOKOMEN UCHI NIKYO	omote waza	ura waza
YOKOMEN UCHI SANKYO	omote waza	ura waza
CHUDAN TSUKI KOKU NAGE		
CHUDAN TSUKI ROKKYO		

#### SUWARI WAZA (Forma di esecuzione KOTAI)

SHOMEN UCHI NIKYO	omote waza	ura waza
SHOMEN UCHI SANKYO	omote waza	ura waza
SHOMEN UCHI IRIMI NAGE		
SHOMEN UCHI KOTE GAESHI		
RYOTE DORI KOKYU HO		

### BUKI WAZA

#### AIKI JO (Forma di esecuzione LENTA e FORTE)

##### RENSYUU JO

yon no tsuki

##### JO SUBURI (TSUKI GOHON)

choku tsuki  
kaeshi tsuki  
ushiro tsuki  
tsuki gedan tsuki  
tsuki jodan gaeshi uchi

#### AIKI KEN (Forma di esecuzione LENTA e FORTE)

##### RENSYUU KEN

yon no giri ichi no katachi

##### KEN SUBURI

ichi no suburi  
ni no suburi  
san no suburi

*Dojo - Cho Fabio Luppi*