

Esame per C. Marrone Ikkyu

TAI JUTSU

TACHI WAZA (Forma di esecuzione **KOTAI** e **JUTAI**)

KATATE DORI TAI NO HENKO		ki hon - ki no nagare
MOROTE DORI KOKYU HO		ichi - ni no katachi
KATATE DORI YONKYO		omote waza ura waza
KATATE DORI KOSHI NAGE		
KATATE DORI KOKYU NAGE		ichi - ni - san - yon - go no katachi
KATATE DORI SUMI OTOSHI		
KATA DORI SHI HO NAGE		
KATA DORI KOSHI NAGE		tenkan
SODE DORI KOKYU NAGE		
MOROTE DORI SANKYO		
MOROTE DORI YONKYO		
MOROTE DORI KOSHI NAGE		shita kara ue made - ue kara shita made
RYOTE DORI KOSHI NAGE		ichi - ni no katachi
RYOTE DORI NIKYO		
RYOTE DORI ROKKYO		
RYOTE DORI KOKYU NAGE		ichi - ni - san no katachi
RYO KATA DORI KOKYU NAGE		
RYO KATA DORI AIKI OTOSHI		
RYO ERI JIME SHI HO NAGE		
RYO ERI JIME KOKYU NAGE		
KATA DORI MEN UCHI IKKYO		omote waza ura waza
KATA DORI MEN UCHI KOTE GAESHI		
KATA DORI MEN UCHI IRIMI NAGE		
MUNA DORI MEN UCHI NIKYO		
MUNA DORI MEN UCHI JUJI NAGE		
MUNA DORI MEN UCHI KOSHI NAGE		
SHOMEN UCHI SANKYO ikkyo		omote waza ura waza
SHOMEN UCHI SANKYO henka		omote waza ura waza
SHOMEN UCHI YONKYO		omote waza ura waza
SHOMEN UCHI GOKYO		
SHOMEN UCHI KAITEN NAGE SOTO MAWARI		
SHOMEN UCHI KOKYU NAGE		
YOKOMEN UCHI GOKYO		omote waza ura waza
YOKOMEN UCHI ROKKYO		
YOKOMEN UCHI IRIMI NAGE		tsugi ashi - ushiro ayumi ashi
YOKOMEN UCHI KOSHI NAGE		
YOKOMEN UCHI KOKYU NAGE		
CHUDAN TSUKI ROKKYO		
CHUDAN TSUKI KOKYU NAGE		

U\$HIRO WAZA (Forma di esecuzione **JUTAI**)

ERIDORI NIKYO		
ERIDORI SANKYO	omote waza	ura waza
ERIDORI IRIMI NAGE		
ERIDORI KOKYU NAGE		
RYOTE DORI YONKYO	omote waza	ura waza
RYOTE DORI KOSHI NAGE		
RYOTE DORI JUJI NAGE		
RYOTE DORI KOKYU NAGE		
RYOKATA DORI IKKYO	omote waza	ura waza
RYOKATA DORI KOTE GAESHI		
RYOKATA DORI KOKYU NAGE	ichi - ni no katachi	
KATATE DORI KUBI JIME ROKKYO		
KATATE DORI KUBI JIME KOSHI NAGE		
KATATE DORI KUBI JIME KOKYU NAGE		
HAGAI JIME SANKYO		
HAGAI JIME KOTE GAESHI		

HANMI HANDACHI WAZA (Forma di esecuzione **KOTAI** e **JUTAI**)

KATATE DORI SHI HO NAGE
KATATE DORI KAITEN NAGE UCHI MAWARI
GEDAN TSUKI KOTE GAESHI
GEDAN TSUKI KOKYU NAGE
SHOMEN UCHI IRIMI NAGE

\$UWARI WAZA (Forma di esecuzione **KOTAI**)

YOKOMEN UCHI IKKYO	omote waza	ura waza
YOKOMEN UCHI NIKYO	omote waza	ura waza
YOKOMEN UCHI SANKYO	omote waza	ura waza
YOKOMEN UCHI YONKYO	omote waza	ura waza
RYOTE DORI KOKYU HO		

BUKI DORI

TANKEN DORI (Forma di esecuzione **JUTAI**)

TSUKI KOTE GAESHI
TSUKI ROKKYO
TSUKI UCHI KAITEN SANKYO
YOKOMEN UCHI GOKYO

JO DORI (Forma di esecuzione **JUTAI**)

TSUKI (CHUDAN)
TSUKI (CHUDAN)
TSUKI (CHUDAN)

TACHI DORI (Forma di esecuzione **JUTAI**)

SHOMEN UCHI
SHOMEN UCHI
SHOMEN UCHI

BUKI WAZA

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

RENSYUU JO

happo tsuki hidari – migi/hidari no tsuki kamae

JO SUBURI

(TSUKI GOHON)

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

→ *tsuki hayai gaeshi*

(UCHIKOMI GOHON)

shomenuchikomi
renzoku uchikomi
menuchi gedan gaeshi
menuchi ushiro tsuki
gyaku yokomen ushiro tsuki

(KATATE SAMBON)

katate gedan gaeshi
katate tooma uchi

(HASSO GAESHI GOHON)

katate hachi no ji gaeshi
hasso gaeshi uchi
hasso gaeshi tsuki

→ *hasso gaeshi tsuki sugu modoshi*

hasso gaeshi ushiro tsuki
hasso gaeshi ushiro uchi
hasso gaeshi ushiro harai
hidari nagare gaeshi uchi

(NAGARE GAESHI NIHON)

→ *hidari nagare gaeshi tsuki*
migi nagare gaeshi tsuki

JO KATA

sanjuuichi no jo kata
juusan no jo kata

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

RENSYUU KEN

happo giri ichi - ni no katachi

KEN SUBURI

ichi no suburi
ni no suburi
san no suburi
yon no suburi
go no suburi
roku no suburi
shichi no suburi

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