

PASO DE GRADOS

TEST AIKIDO

6th KYU

Principios Básicos (Libreto dojo)

**Aihanmi Katatetori Ikkyo
(omote & ura)**

**Aihanmi Katatetori Kotegaeshi
(omote & ura)**

**Aihanmi Katatetori Shihonage
(omote & ura)**

**Aihanmi Katatetori Iriminage
(omote & ura)**



AIKIDO
NINTAI DOJO
SANSUIKAI VALENCIA



5th KYU

**Aihanmi Katatetori Sankyo
(omote & ura)**

**Shomenuchi Ikkyo
(omote & ura)**

**Shomenuchi Iriminage
Katatetori Shihonage
(omote & ura)**

**Ryotetori TENCHINAGE
(omote & ura)**

**Tsuki Kotegaeshi
(tenkan)**

**Ushiro Tekubitori Kotegaeshi
(omote & ura)**

**Morotetori Kokyunage
(omote & ura)**



AIKIDO
NINTAI DOJO
SANSUIKAI VALENCIA



4th KYU

Shomenuchi Nikyo

(omote & ura)

Yokomenuchi Shihonage

(omote & ura)

Tsuki Iriminage

(irimi, tenkan & tenshin)

Ushiro Tekubitori Sankyo

(omote & ura)

Ushiro Ryokatatori Kotegaeshi

(omote & ura)

Suwari waza:

Shomenuchi Ikkyo (omote & ura)

Katatori Nikyo (omote & ura)

Katatori Sankyo (omote & ura)



3th KYU

**Yokomenuchi Iriminage
(3 variations)**

**Yokomenuchi Kotegaeshi
(omote & ura)**

**Tsuki Kaitennage
(omote & ura)**

**Ushiro Ryokatatori Sankyo
(omote & ura)**

**Morotetori Iriminage
(2 variations)**

**Shomenuchi Sankyo
(omote & ura)**

Suwari waza:

Shomenuchi Iriminage

Shomenuchi Nikyo (omote & ura)

Hanmi handachi:

**Katatetori Shihonage
(omote & ura)**

Katatetori Kaitennage (Uchi & Soto)

2th KYU

Shomenuchi Shihonage (omote & ura)
Shomenuchi Kaitennage (omote & ura)
Yokomenuchi Gokyo (omote & ura)
Ushiro Tekubitori Shihonage (omote & ura)
Ushiro Kubishime Koshinage
(2 variations)
Ushiro Tekubitori Jujinage
(omote & ura)
Morotetori Nikyo
(omote & ura)
Hanmi handachi:
Shomenuchi Iriminage
Katatetori Nikyo
(omote & ura)
Yokomenuchi Kotegaeshi
(omote & ura)
Jiyu waza y Randori (2 atacantes)



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1th KYU

Katatori Menuchi – 5 Técnicas

Yokomenuchi – 5 Técnicas

Morotetori – 5 Técnicas

Shomenuchi – 5 Técnicas

Ryotetori – 5 Técnicas

Koshinage – 5 Técnicas

Hanmi handachi:

Ushiro waza – 5 Techniques

Tanto tori

Jiyu waza y Randori (3 atacantes)



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SANSUIKAI VALENCIA



SHODAN

Todos los test anteriores.

Tachi tori y Bokuto waza

Jo tori y Jo waza

Henka waza

Jiyu waza and Randori (4 atacantes)



**AIKIDO
NINTAI DOJO
SANSUIKAI VALENCIA**

