



PROGRAMMA ESAMI KYU

AIKIDO ROMA NORD

Suvari waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Katatetori aihanmi	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
			Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
		Iriminage	Iriminage	Iriminage	Iriminage
Katatetori Gyakuhanmi				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
				Sankyo	Sankyo
					Yonkyo
				Kotegaeshi	Kotegaeshi
Ryotedori					Ikkyo
					Nikkyo
					Sankyo
					Kotegaeshi
					Iriminage
	Kokyu ho	Kokyu ho	Kokyu ho	Kokyu ho	Kokyu ho
Shomenuchi		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
		Iriminage	Iriminage	Iriminage	Iriminage
Yokomenuchi					Ikkyo
					Nikkyo
					Sankyo
				Yonkyo	Yonkyo
					Kotegaeshi
				Iriminage	Iriminage
				Shihonage	
Hanmi Handachi waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Katatetori Gyakuhanmi				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
					Kotegaeshi
					Iriminage
				Shihonage	Shihonage
				Sumi Otoshi	Sumi Otoshi
			Kokyunage	Kokyunage	
Ryotedori				Shihonage	Shihonage
Shomenuchi					Ikkyo
					Nikkyo
					Kotegaeshi

Tachi waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Katatetori aihanmi	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
	Nikkyo	Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
	Shihonage	Shihonage	Shihonage	Shihonage	Shihonage
			Udekimenage	Udekimenage	Udekimenage
				Koshinage	
Katatetori Gyakuhanmi	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
		Shihonage	Shihonage	Shihonage	Shihonage
			Udekimenage	Udekimenage	Udekimenage
		Tenchinage	Tenchinage	Tenchinage	Tenchinage
				Kaitenage	Kaitenage
		Sumi Otoshi	Sumi Otoshi	Sumi Otoshi	Sumi Otoshi
				Koshinage	
	Kokyunage	Kokyunage	Kokyunage	Kokyunage	
Ryotedori		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
		Shihonage	Shihonage	Shihonage	Shihonage
			Udekimenage	Udekimenage	Udekimenage
				Tenchinage	Tenchinage
				Koshinage	Koshinage
			Kokyunage	Kokyunage	
Shomenuchi	Ikkyo	Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
					Gokkyo
			Uchi Kaiten Sankyo	Uchi Kaiten Sankyo	Uchi Kaiten Sankyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
	Iriminage	Iriminage	Iriminage	Iriminage	Iriminage
					Shihonage
					Udekimenage
					Kaitenage
			Sumi Otoshi	Sumi Otoshi	
		Kokyunage	Kokyunage	Kokyunage	
Yokomenuchi		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
					Gokkyo
		Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
					Iriminage
		Shihonage	Shihonage	Shihonage	Shihonage
			Sumi Otoshi	Sumi Otoshi	
			Kokyunage	Kokyunage	

Katatori				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
Katate Ryotedori				Ikkyo	Ikkyo
				Nikkyo	Nikkyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
				Shihonage	Shihonage
					Udekimenage
			Kokyunage	Kokyunage	
Chudan tsuki					Ikkyo
				Kotegaeshi	Kotegaeshi
				Iriminage	Iriminage
				Sumi Otoshi	Sumi Otoshi
					Kaitenage
				Hijikimeosae	
Jodan tsuki				Ikkyo	Ikkyo
				Nikkio	Nikkio
					Iriminage
					Shihonage
Katatori menuchi					Ikkyo
					Kotegaeshi
					Iriminage
					Shihonage
					Kokyunage
Ushiro waza	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Ryotedori		Ikkyo	Ikkyo	Ikkyo	Ikkyo
		Nikkyo	Nikkyo	Nikkyo	Nikkyo
			Sankyo	Sankyo	Sankyo
				Yonkyo	Yonkyo
			Kotegaeshi	Kotegaeshi	Kotegaeshi
			Iriminage	Iriminage	Iriminage
			Shihonage	Shihonage	Shihonage
					Hijikimeosae
				Juji Garami	Juji Garami
				Koshinage	
		Kokyunage	Kokyunage	Kokyunage	Kokyunage
Ryokatatori					Ikkyo
					Nikkyo
					Sankyo
					Shihonage
					Hijikimeosae
					Juji Garami
					Kokyunage
					Aiki Otoshi
Ore di allenamento	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu
Cumulative	30	90	170	270	390
da grado precedente	-	60	80	100	120

Le ore di pratica agli stage sono qualificanti per i passaggi di grado

Il 1° kyu è conseguibile dopo almeno 3 anni di pratica e a un anno dal 2° kyu.