

ECOLE DE BUDO RAJI ROMANIA  
KYUVIZSGÁK 2011 JANUÁR.

<b>NYUMON</b> (BEVEZETÉS)	<b>6. kyu</b>
<b>TACHI WAZA:</b>	
<i>Aihanmi katatedori:</i>	Ikkyo Iriminage Kotegaeshi
<i>Gyakuhanmi katatedori:</i>	Shihonage Uchikaitennage Tenchinage Kokyunage
<b>AIKIKEN:</b>	Ken kiri awase

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<b>IRIMI</b> (BELÉPÉS)	<b>5. kyu</b>
<b>SUWARI WAZA:</b>	
<i>Shomen uchi:</i>	Ikkyo
<b>HANMI HANDACHI WAZA</b>	
<i>Gyakuhanmi katatedori:</i>	Shihonage
<b>TACHI WAZA:</b>	
<i>Shomen uchi:</i>	Ikkyo Sankyo Iriminage Kotegaeshi
<i>Aihanmi katatedori:</i>	Shihonage Uchikaiten sankyo
<i>Gyakuhanmi katatedori:</i>	Nikkyo Iriminage Udekimenage Sumiotoshi
<b>AIKIJO:</b>	Jo awase

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Osae waza (leszorító technikák) :  
(1) Ikkyo – Ude osae (2) Nikyo – Kote mawashi (3) Sankyo – Kote hineri (4) Yonkyo – Tekubi osae (5) Gokyo – Ude nobashi

## **TENKAN** (ELFORDULÁS) **4. kyu**

### **SUWARI WAZA:**

*Shomen uchi* Nikkyo  
Sankyo  
Gokyo  
Iriminage

### **HANMI HANDACHI WAZA:**

*Gyakuhanmi katatedori:* Ikkyo

### **TACHI WAZA:**

*Shomen uchi :* Osaewaza (1-5)  
Shihonage  
Koshinage  
*Gyakuhanmi katatedori:* Sotokaitennage  
Gyaku kotegaeshi  
*Ryotedori:* Tenchinage  
Iriminage  
Shihonage  
Udekimenage  
*Chudan tsuki:* Kotegaeshi

### **USHIRO WAZA:**

*Ryotedori:* Ikkyo  
Kokyunage

### **AIKIKEN:**

**AIKIJO:** Happo giri  
juichi no kata

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## **SHIHO (VISZINTES IRÁNYOK) 3. kyu**

### **SUWARI WAZA:**

*Shomen uchi:* Yonkyo  
Kotegaeshi  
Kaitennage  
Kokyunage

### **HANMI HANDACHI WAZA:**

*Gyakuhanmi katatedori:* Kaitennage

### **TACHI WAZA:**

*Yokomen uchi:* Ikkyo  
Gokyo  
Iriminage  
Shihonage  
Koshinage  
*Katate ryotedori:* Nikyo  
Kotegaeshi  
Jujigaraminage  
Kokyunage  
*Chudan tsuki:* Udekimenage  
Sotokaitennage  
*Ryotedori:* Jiyuwaza

### **USHIRO WAZA:**

*Ryotedori:* Sankyo  
Iriminage  
Shihonage  
Kotegaeshi  
*Katatedori kubishime:* Koshinage

### **AIKIKEN:**

Kumitachi (1-3) Sanjuichi no jokata (tandoku)

## TEN CHI (FÜGGÖLEGES IRÁNYOK) 2. kyu

### SUWARI WAZA:

*Shomen uchi* : Katamewaza (1-5)  
Iriminage  
Kaitennage  
kokyunage  
Yokomen uchi : Ikkyo

### HANMI HANDACHI WAZA:

Gyakuhanmi katatedori: Jiyuwaza  
*Shomen uchi* : Iriminage  
Ushiro ryokatadori : Ikkyo  
Sankyo  
Kotegaeshi

### TACHI WAZA:

Yokomen uchi : Katamewaza (1-5)  
Shihonage  
Iriminage  
Kotegaeshi  
Jodan tsuki : Katamewaza (1-5)  
Kotegaeshi  
Ushirokiritoshi  
Koshinage  
Munadori menuchi: Ikkyo  
Shihonage  
Koshinage

### USHIRO WAZA:

*Ryote dori*: Jiyuwaza  
*Katatedori kubishime*: Ikkyo  
Sankyo  
Iriminage  
Shihonage  
Kotegaeshi  
*Eridori (menuchi)*: Nikkyo  
Iriminage  
Shihonage

### BUKI WAZA:

*Tanto dori*: Tsuki jiyuwaza  
*Jo dori*: Tsuki jiyuwaza

*Aikiken*: Kunitachi 1-4  
*Aikijo*: Sanjuichino jokata  
(1-12 sotai)

**TANINZU GAKE:** Ninin gake

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*Osae waza (leszorító technikák) :*

(1) Ikkyo – Ude osae (2) Nikyo – Kote mawashi (3) Sankyo – Kote hineri (4) Yonkyo – Tekubi osae (5) Gokyo – Ude nobashi

**KOKYU(LÉGZÉS)****1 KYU****SUWARI WAZA:***Shomen uchi :*

Jiyuwaza

*Yokomen uchi :*

Katamewaza (1-5)

Iriminage  
Kotegaeshi  
kokyunage**HANMI HANDACHI WAZA:***Shomen uchi :*Ikkyo  
Kotegaeshi  
Kokyunage*Ushiro ryokatadori :*

Jiyuwaza

**TACHI WAZA:***Yokomen uchi :*

Jiyuwaza

*Katateriyote dori:*

Jiyuwaza

*Katadori menuchi:*Katamewaza (1-5)  
Shihonage  
Iriminage  
Kotegaeshi**USHIRO WAZA:***Eridori menuchi*

Jiyuwaza

**BUKI WAZA:***Tanto dori: Shomenuchi*

Gokyo

*Yokomenuchi:*

Jjiyuwaza

*Jo nage:*

Jiyuwaza

**AIKIKEN:**

Kumitachi 1-5 + Kimusubinotachi

**AIKIJO:**

Sanjuichinokata 1-31 Sotai

**TANINZUGAKE:**

Saningake

*Osae waza (leszorító technikák) :*

*(1) Ikkyo – Ude osae (2) Nikyo – Kote mawashi (3) Sankyo – Kote hineri (4) Yonkyo – Tekubi osae (5) Gokyo – Ude nobashi*