

## Programa examinare Tamura sensei

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### 1. SUWARI WAZA:

1. dan Shomen uchi :

Ikkyo

Jo dori :

Tsuki jiu waza

2-3. dan Yokomen uchi:

Nikyo

Jo nage:

Jiuwza

Sankyo

Yonkyo

Gokyo

(3-4. dan) Kumi tachi:

Kiri otoshi Jiu waza

Shomen uchi

Iriminage

Kotegaeshi

Kaitennage

Kokyunage

(4. dan) Tachi dori:

Kiri otoshi Jiu waza

### 2. HAMMI HANDACHI WAZA:

Katate dori :

Ikkyo

Nikyo

Kaitennage

Shihonage

Iriminage

Kotegaeshi

Ryote dori :

Shihonage

(2-3. dan)

Shomen uchi :

Iriminage

Kotegaeshi

Ushiro ryokata dori:

Ikkyo

Sankyo

Kotegaeshi

Kokyunage

### 6. TANINZU GAKE :

(1. dan) Ni nin gake

(2. dan) San nin gake

(3. dan) Yon nin gake

(4. dan) Go nin gake

### 3. TACHI WAZA:

Kata dori men uchi :

Ikkyo

Nikyo

Shihonage

Koshinage

Kotegaeshi

Iriminage

Ryote dori :

Tenchinage

Ikkyo

Shihonage

Koshinage

Shomen uchi:

Shihonage

Jiu waza

Yokomen uchi :

Ikkyo

Nikyo

Sankyo

Yonkyo

Gokyo

Shihonage

Iriminage

Kotegaeshi

Koshinage

Kokyunage

### 4. USHIRO WAZA:

Ryo kata dori :

Ikkyo

Iriminage (= Naname kokyunage)

Kotegaeshi

Ryote dori :

Jiuwaza

### 5. BUKI WAZA:

Tanto dori :

Tsuki jiu waza