



PROGRAMA DE EXAMENES BUKIWAZA

*Aikido Rei Zaragoza*

PROGRAMA DE PASO DE GRADOS

**ADULTO**

合 礼 道  
AIKIDO REI ZARAGOZA

BUKI WAZA



# PROGRAMA DE EXAMENES BUKIWAZA

Aikido Rei Zaragoza

## EXAMEN DE (5º KYU)

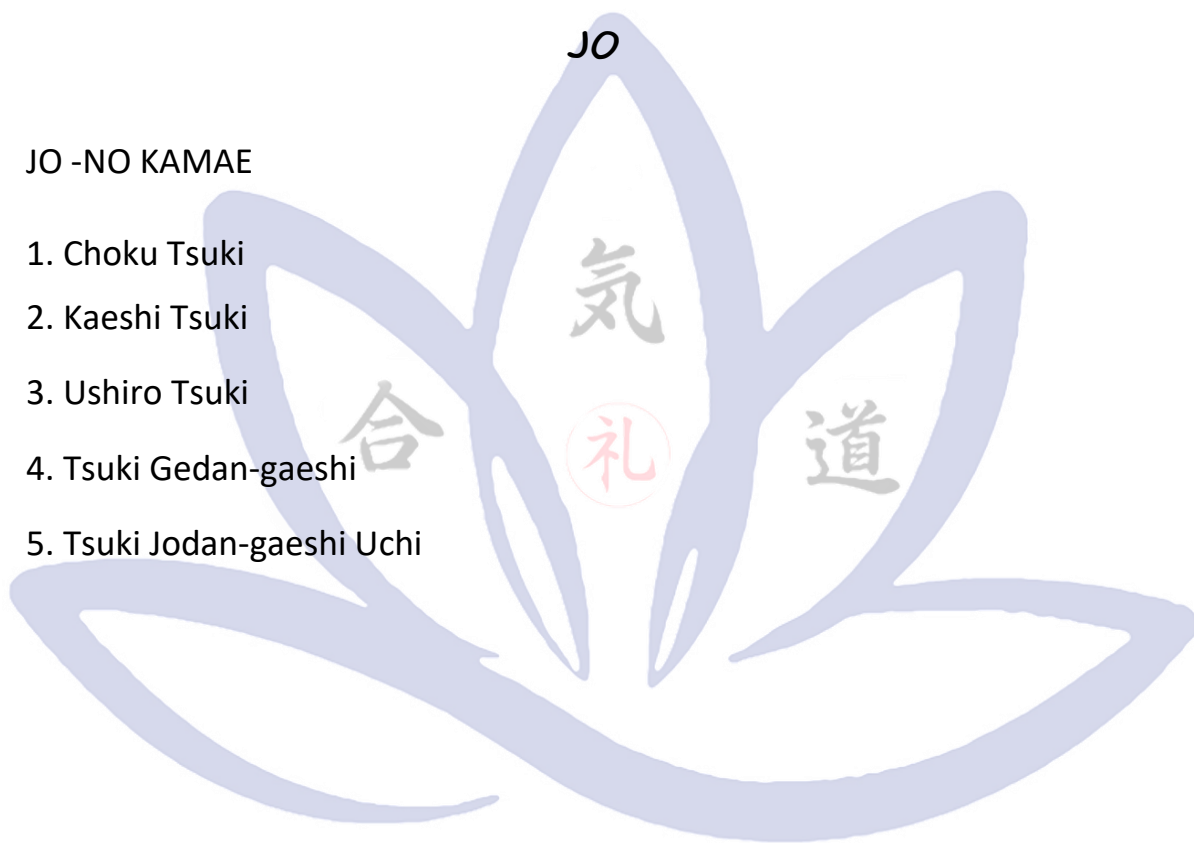
### KEN

#### KEN - NO KAMAE

1. Ichi no suburi
2. Ni no suburi

#### JO -NO KAMAE

1. Choku Tsuki
2. Kaeshi Tsuki
3. Ushiro Tsuki
4. Tsuki Gedan-gaeshi
5. Tsuki Jodan-gaeshi Uchi





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## EXAMEN DE (4º KYU)

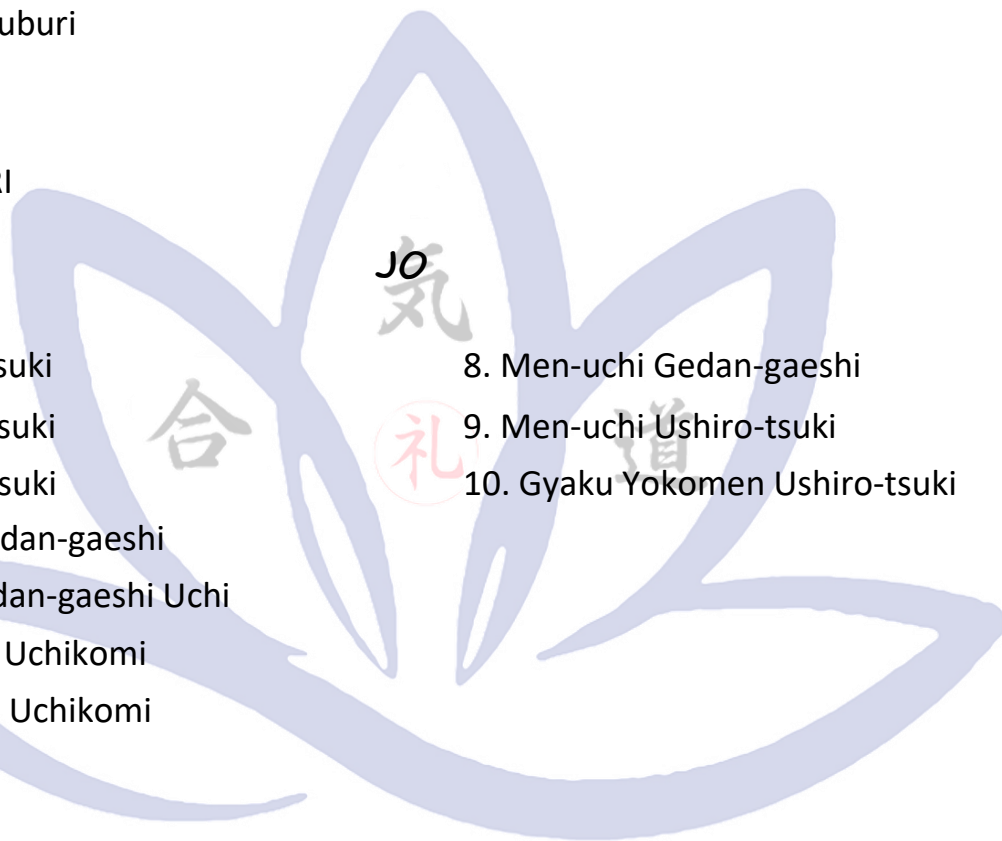
### KEN

KEN - NO KAMAE

1. Ichi no suburi
2. Ni no suburi
3. San no suburi

- SHIHO GIRI

1. Choku Tsuki
2. Kaeshi Tsuki
3. Ushiro Tsuki
4. Tsuki Gedan-gaeshi
5. Tsuki Jodan-gaeshi Uchi
6. Shomen Uchikomi
7. Renzoku Uchikomi
8. Men-uchi Gedan-gaeshi
9. Men-uchi Ushiro-tsuki
10. Gyaku Yokomen Ushiro-tsuki





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## EXAMEN DE (3º KYU)

### KEN

1. Ichi no suburi
2. Ni no suburi
3. San no suburi
4. Yon no suburi
5. Go no suburi

- HAPPO GIRI

1. Choku Tsuki
2. Kaeshi Tsuki
3. Ushiro Tsuki
4. Tsuki Gedan-gaeshi
5. Tsuki Jodan-gaeshi Uchi
6. Shomen Uchikomi
7. Renzoku Uchikomi
8. Men-uchi Gedan-gaeshi
9. Men-uchi Ushiro-tsuki
10. Gyaku Yokomen Ushiro-tsuki
11. Katate Gedan-Gaeshi
12. Katate Toma Uchi
13. Katate Hachi-no-ji-gaeshi

- ROKU NO JO (6 movimientos fundamentales del Jo)



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### EXAMEN (2º KYU)

#### KEN

- |                   |                    |
|-------------------|--------------------|
| 1. Ichi no suburi | 5. Go no suburi    |
| 2. Ni no suburi   | 6. Roku no suburi  |
| 3. San no suburi  | 7. Sichi no suburi |
| 4. Yon no suburi  |                    |

#### SUBURIS JO

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. Choku Tsuki                 | 11. Katate Gedan-Gaeshi       |
| 2. Kaeshi Tsuki                | 12. Katate Toma Uchi          |
| 3. Ushiro Tsuki                | 13. Katate Hachi-no-ji-gaeshi |
| 4. Tsuki Gedan-gaeshi          | 14º Hasso Gaeshi Uchi         |
| 5. Tsuki Jodan-gaeshi Uchi     | 15º Hasso Gaeshi Tsuki        |
| 6. Shomen Uchikomi             | 16º Hasso Gaeshi Ushiro Tsuki |
| 7. Renzoku Uchikomi            | 17º Hasso Gaeshi Ushio Uchi   |
| 8. Men-uchi Gedan-gaeshi       | 18º Hasso Gaeshi Ushiro Barai |
| 9. Men-uchi Ushiro-tsuki       | 19º                           |
| 10. Gyaku Yokomen Ushiro-tsuki | 20º                           |

- 13 JO KATA



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## EXAMEN DE (1º KYU)

### KEN

Awase ken: suburi 1 y 5 migi, hidari

Ichi no awase

Go no awase

Sichi no awase

### JO

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. Choku Tsuki                 | 11. Katate Gedan-Gaeshi       |
| 2. Kaeshi Tsuki                | 12. Katate Toma Uchi          |
| 3. Ushiro Tsuki                | 13. Katate Hachi-no-ji-gaeshi |
| 4. Tsuki Gedan-gaeshi          | 14. Hasso Gaeshi Uchi         |
| 5. Tsuki Jodan-gaeshi Uchi     | 15. Hasso Gaeshi Tsuki        |
| 6. Shomen Uchikomi             | 16. Hasso Gaeshi Ushiro Tsuki |
| 7. Renzoku Uchikomi            | 17. Hasso Gaeshi Ushio Uchi   |
| 8. Men-uchi Gedan-gaeshi       | 18. Hasso Gaeshi Ushiro Barai |
| 9. Men-uchi Ushiro-tsuki       | 19. Hidary Nagare Gaeshi Uchi |
| 10. Gyaku Yokomen Ushiro-tsuki | 20. Migi Nagare Gaeshi Tsuki  |

- 31 JO KATA