

Cercle Aïkido Vieux Nice - Progression technique

SUWARI WAZA

SHOMEN UCHI	YOKOMEN UCHI	AIHANMI KATATEDORI	KATATEDORI	KATADORI	RYOTE DORI	RYOKATA DORI
4 IKKYO	2 IKKYO	4 IKKYO	3 IKKYO	3 IKKYO	1 IKKYO	2 IKKYO
1 NIKYO	2 NIKYO	1 NIKYO	3 NIKYO	3 NIKYO	1 NIKYO	2 NIKYO
1 SANKYO	2 SANKYO	1 SANKYO	1 SANKYO	2 SANKYO	1 SANKYO	1 SANKYO
1 YONKYO	2 YONKYO	1 YONKYO	1 YONKYO	1 YONKYO	1 YONKYO	1 YONKYO
1 GOKYO	2 GOKYO					
4 IRIMINAGE	2 IRIMINAGE	4 IRIMINAGE	2 IRIMINAGE	1 IRIMINAGE	1 IRIMINAGE	
1 KOTEGAESHI	1 KOTEGAESHI	1 KOTEGAESHI	2 KOTEGAESHI		1 KOTEGAESHI	
KOKYUNAGE	KOKYUNAGE				5 KOKYU HO + SHIKKO	

HANMI-HANDACHI WAZA

KATATE DORI	RYOTE DORI	USHIRO RYO KATA DORI	SHOMEN UCHI
1 IKKYO		2 IKKYO	1 IKKYO
1 NIKYO		2 NIKYO	1 NIKYO
1 SANKYO		2 SANKYO	
1 YONKYO			1 GOKYO
1 IRIMINAGE			3 IRIMINAGE
1 KOTEGAESHI			2 KOTEGAESHI
3 SHIHONAGE	2 SHIHONAGE		
3 KAITENNAGE			
1 SUMIOTOSHI			
1 KOKYUNAGE	2 KOKYUNAGE	2 KOKYUNAGE	

TACHIWAZA SUR SAISIES

AIHANMI KATATEDORI	KATATEDORI	KATADORI	MUNADORI	RYOTE DORI	RYO KATA DORI	KATATE RYOTEDORI
5 IKKYO	4 IKKYO	4 IKKYO	2 IKKYO	3 IKKYO	1 IKKYO	3 IKKYO
4 NIKYO	4 NIKYO	4 NIKYO	2 NIKYO	NIKYO	NIKYO	3 NIKYO
4 SANKYO	2 SANKYO	2 SANKYO	SANKYO	SANKYO	SANKYO	SANKYO
YONKYO	2 YONKYO	2 YONKYO	YONKYO	YONKYO	YONKYO	YONKYO
5 IRIMINAGE	4 IRIMINAGE	IRIMINAGE		2 IRIMINAGE	IRIMINAGE	2 IRIMINAGE
4 KOTEGAESHI	4 KOTEGAESHI			2 KOTEGAESHI		3 KOTEGAESHI
5 SHIHONAGE	5 SHIHONAGE		1 SHIHONAGE	3 SHIHONAGE		SHIHONAGE
4 UDEKIMENAGE	4 UDEKIMENAGE			1 UDEKIMENAGE		3 UDEKIMENAGE
2 KOSHINAGE	2 KOSHINAGE			KOSHINAGE		KOSHINAGE
SUMIOTOSHI	4 KAITENNAGE				AIKIOTOSHI	
	2 SUMIOTOSHI				2 SOKUMEN	1 JUJIGARAMI
	2 AIKIOTOSHI					
	4 SOKUMEN					
	2 HIJIKIMEOSAE			4 TENCHINAGE		
	UDE GARAMI					
	5 TENCHINAGE					
KOKYUNAGE	4 KOKYUNAGE	KOKYUNAGE	KOKYUNAGE	KOKYUNAGE	KOKYUNAGE	3 KOKYUHO KOKYUNAGE

TACHIWAZA SUR FRAPPES

CHUDAN TSUKI	JODAN TSUKI	SHOMEN UCHI	YOKOMEN UCHI	KATADORI MEN UCHI	MAE GERI
2 IKKYO	1 IKKYO	5 IKKYO	3 IKKYO	2 IKKYO	
1 NYKYO	1 NYKYO	3 NIKYO	3 NIKYO	2 NIKYO	
1 SANKYO (UCHIKAITEN)	1 SANKYO (UCHIKAITEN)	3 SANKYO	3 SANKYO	2 SANKYO	
		3 YONKYO	3 YONKYO		
		1 GOKYO	2 GOKYO		
2 IRIMINAGE	1 IRIMINAGE	5 IRIMINAGE	3 IRIMINAGE	2 IRIMINAGE	1 IRIMINAGE
1 KOTEGAESHI	KOTEGAESHI	4 KOTEGAESHI	3 KOTEGAESHI	2 KOTEGAESHI	
SHIHONAGE	1 SHIHONAGE	2 SHIHONAGE	4 SHIHONAGE	2 SHIHONAGE	
UDEKIMENAGE	UDEKIMENAGE	KOSHINAGE	4 UDEKIMENAGE	1 UDEKIMENAGE	
			KOSHINAGE	KOSHINAGE	
1 KAITENNAGE	1 KAITENNAGE	2 KAITENNAGE			
HIJIKIMEOSAE	2 HIJIKIMEOSAE				
USHIROKIRIOTOSHI					
KOKYUNAGE	KOKYUNAGE	KOKYUNAGE	KOKYUNAGE	KOKYUNAGE	

USHIRO WAZA

RYOTE DORI	RYOKATA DORI	RYOHIJI DORI	ERIDORI	KATATEDORI KUBISHIME
3 IKKYO	2 IKKYO	2 IKKYO	1 IKKYO	IKKYO
3 NIKYO	2 NIKYO	NIKYO	NIKYO	
4 SANKYO	2 SANKYO	SANKYO	SANKYO	SANKYO
YONKYO	YONKYO	YONKYO	YONKYO	
3 IRIMINAGE	IRIMINAGE	IRIMINAGE		
3 KOTEGAESHI	1 KOTEGAESHI	KOTEGAESHI	1 KOTEGAESHI	1 KOTEGAESHI
3 SHIHONAGE			1 SHIHONAGE	1 SHIHONAGE
2 SOKUMEN	2 SOKUMEN	SOKUMEN		
3 UDEKIMENAGE	AIKIOTSHI	AIKIOTSHI		
HIJIKIMEOSAE				
2 JUJIGARAMI				
1 KOSHINAGE				KOSHINAGE
1 KOKYUNAGE	1 KOKYUNAGE	KOKYUNAGE	1 KOKYUNAGE	KOKYUNAGE

www.aikidovieuxnice.com

Alain IPEKDJIAN - 06 15 72 32 02

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