

**Nidan (2°Dan)**

**NOME:**

**Bisogna avere almeno 18 anni di età, 18 mesi trascorsi dal 1° Dan e 300 giorni effettivi di pratica.**

Lo studente deve essere in grado di eseguire lentamente le tecniche di base, con la massima cura e attenzione, in maniera solida, corretta e vigorosa. Gli attacchi debbono essere eseguiti con decisione. Sia Tori che Uke debbono emettere un forte Kiai.

**TAI JUTSU:**

***KATATE DORI TAI NO HENKO***

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***MOROTE DORI KOKYU HO***

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**SUWARI WAZA:**

***YOKOMEN UCHI DAI IKKYO (OMOTE - URA)***

**OMOTE:** \_\_\_\_\_

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**URA:** \_\_\_\_\_

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***DAI NIKKYO (OMOTE - URA)***

**OMOTE:** \_\_\_\_\_

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**URA:** \_\_\_\_\_

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**DAI SANKYO (OMOTE - URA)**

OMOTE: \_\_\_\_\_  
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URA: \_\_\_\_\_  
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**DAI YONKYO (OMOTE - URA)**

OMOTE: \_\_\_\_\_  
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URA: \_\_\_\_\_  
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**DAI GOKYO (URA)**

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**NOTE GENERALI**

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**HANMI HANDACHI WAZA:**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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**NOTE GENERALI**

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## **TACHI WAZA:**

(Gli attacchi e le prese debbono essere semplici, per esempio: **Yokomen uchi, Shomen uchi, Katate dori**. Lo **Shiho nage omote waza** viene contata come una tecnica e l'ura waza come un'altra. Le tecniche eseguite da **Katate dori** e da **Ryote dori** sono considerate uguali; allo stesso modo quelle eseguite da **Kata dori** e da **Ryo kata dori**.)  
(Tre esecuzioni delle seguenti tecniche da attacchi diversi)

### **SHIHO NAGE**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **KOTE GAESHI**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **KOSHI NAGE**

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **IRIMI NAGE**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **KOKYU NAGE**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **USHIRO WAZA**

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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**NININ DORI**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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**NOTE GENERALI**

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**BUKI DORI:**

(Tre tecniche per ogni gruppo)

**JO DORI**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **TACHI DORI**

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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## **TANKEN DORI**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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**JO NAGE**

**TECNICA -1** \_\_\_\_\_

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**TECNICA -2** \_\_\_\_\_

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**TECNICA -3** \_\_\_\_\_

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**RISERVA -1** \_\_\_\_\_

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**RISERVA -2** \_\_\_\_\_

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**GO NO AWASE**

**NOTE GENERALI**

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**ROKU NO AWASE**

**NOTE GENERALI**

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**SHICHI NO AWASE**

**NOTE GENERALI**

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