

EXÀMEN CINTURÓ MARRÓ 1er KYU

SUWARI WAZA

SHOMEN UCHI

- IKKYO
- IRIMI NAGE
- KOTE GAESHI

HAMMI HANDACHI

KATATE DORI

- UCHI KAITEN NAGE
- KOKYO NAGE

TACHI WAZA

YOKOMEN

- IRIMI NAGE
- KOKYU NAGE

AIHAMMI

- KOTE GAESHI
- IRIMI NAGE
- IKKYO
- SHIHO NAGE

KATATE DORI

- UCHI KAITEN NAGE
- KOKYU NAGE

KATA DORI

- IKKYO
- NIKKYO

TSUKI

- KOTE GAESHI
- IRIMI NAGE

SHOMEN UCHI

- IKKYO
- IRIMI NAGE