



EXÁMEN SHODAN

SUWARI WAZA

SHOMEN UCHI

IKKYO
NIKKYO
SANKYO
YONKYO
GOKYO
ROKYO
KOKYO

HANMI HANDACHI

KATATE DORI (GYAKU HANMI)

SHIHO NAGE
KAITEN NAGE

USHIRO RYO KATA

KOKYO NAGE
SANKYO

SHOMEN UCHI

IKKYO
SOTO KAITEN
KOTE GAESHI
IRIMI NAGE

TACHI WAZA

SHOMEN UCHI

IKKYO
IRIMI NAGE
KAITEN NAGE

KATATE DORI (GYAKU HANMI)

SHIHO NAGE
KAITEN NAGE
KOKYO NAGE

YOKOMEN UCHI

IRIMI NAGE
SHIHO NAGE
KOTE GAESHI

CHODAN TSUKI

KOTE GAESHI
IRIMI NAGE

RYOTE DORI

TENCHI NAGE

USHIRO TE KUBI DORI

SHIHO NAGE
KOTE GAESHI
SANKYO

MOROTE DORI

IKKYO
IRIMI NAGE

USHIRO KUBI SHIME

JUGI NAGE
KOKYO NAGE

USHIRO RYO KATA DORI

IKKYO
SHIHO NAGE
KOTE GAESHI

-RAMDORI 3 UKES

-ARMAS

- JO NAGE
- JO DORI
-8 SUBURIS
-TANTO DORI