



EXÁMEN YONDAN

SUWARI WAZA

YOKOMEN UCHI

IKKYO GOKYO
NIKKYO ROKYO
SANKYO
YONKYO

HANMI HANDACHI

KATATE DORI (GYAKU HANMI)

SHIHO NAGE
KAITEN NAGE

USHIRO RYO KATA

KOKYO NAGE
SANKYO
IKKYO

SHOMEN UCHI

IKKYO
SOTO KAITEN
KOTE GAESHI
IRIMI NAGE

TACHI WAZA

SHOMEN UCHI

IKKYO
IRIMI NAGE
KAITEN NAGE
KOSHI NAGE

JYU WAZA 3 UKES

JYU WAZA 3 UKES

KATATE DORI (GYAKU HANMI)

SHIHO NAGE
KAITEN NAGE
KOKYO NAGE

JYU WAZA 3 UKES

YOKOMEN UCHI

IRIMI NAGE
SHIHO NAGE
KOTE GAESHI

JYU WAZA 3 UKES

CHODAN TSUKI

KOTE GAESHI
IRIMI NAGE

JYU WAZA 3 UKES

USHIRO TE KUBI DORI

SHIHO NAGE
KOTE GAESHI
SANKYO

JYU WAZA 3UKES

RYOTE DORI

TENCHI NAGE
KOSHI NAGE

JYU WAZA 3 UKES

MOROTE DORI

IKKYO
IRIMI NAGE

JYU WAZA 3 UKES

USHIRO KUBI SHIME

JUGI NAGE
KOKYO NAGE
KOSHI NAGE

USHIRO RYO KATA DORI

IKKYO
SHIHO NAGE
KOTE GAESHI

JYU WAZA 3 UKES

SAN NIN DORI

-RAMDORI 5 UKES

-ARMAS

-JO NAGE -JO DORI -TANTO DORI

-TACHI DORI -8 SUBURI