

## NARANJA 4<sup>o</sup>kyu

### *ATAQUE* YOKOMEN

- IRIMI NAGE
- KOKYU NAGE

### *AGARRE* KATATE DORI

- TAE SABAKI
- UCHI KAITEN NAGE
- KOKYO NAGE

### *AGARRE* AIHAMMI

- IRIMI NAGE
- IKKYO
- KOTE GAESHI
- SHIHO NAGE

### *ATAQUE* TSUKI CHODAN

- KOTE GAESHI
- IRIMI NAGE