



EXÁMEN DE 1er KYU

SUWARI WAZA

SHOMEN UCHI

- IKKYO
- NIKKYO
- SANKYO
- YONKYO
- GOKYO
- ROKYO
- KOKYO

HAMMI HANDACHI

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

SHOMEN UCHI

- IKKYO
- SOTO KAITEN

TACHI WAZA

SHOMEN UCHI

- IKKYO
- IRIMI NAGE

YOKOMEN UCHI

- IRIMI NAGE
- SHIHO NAGE
- KOTE GAESHI

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

USHIRO TE KUBI DORI

- *SHIHO NAGE*
- *KOTE GAESHI*
- *SANKYO*

RYOTE DORI

- TEN CHI NAGE

USHIRO RYO KATA

- IKKYO

MOROTE DORI

- KOKYU NAGE

TSUKI

- KOTE GAESHI

TODAS LAS TÉCNICAS OMOTE Y URA

ARMAS

- 3 JO DORI -3 JO NAGE -8 SUBURI
- TANTO DORI