



EXÁMEN DE 2º KYU

SUWARI WAZA

SHOMEN UCHI

- IKKYO
- NIKKYO
- SANKYO
- YONKYO
- GOKYO

HAMMI HANDACHI

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

TACHI WAZA

SHOMEN UCHI

- IKKYO
- IRIMI NAGE

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

RYOTE DORI

- TEN CHI NAGE

MOROTE DORI

- KOKYU NAGE

TSUKI

- KOTE GAESHI

TODAS LAS TÉCNICAS OMOTE Y URA

ARMAS

-3 JO NAGE -8 SUBURIS

USHIRO TE KUBI DORI

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

USHIRO RYO KATA

- IKKYO
- SANKYO

KOKYO HO