



EXÁMEN DE 3er KYU

SUWARI WAZA

SHOMEN UCHI

- IKKYO
- NIKKYO
- SANKYO
- YONKYO

HAMMI HANDACHI

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

TACHI WAZA

SHOMEN UCHI

- IKKYO
- IRIMI NAGE

USHIRO TE KUBI DORI

- *SHIHO NAGE*
- *KOTE GAESHI*

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

USHIRO RYO KATA

- IKKYO

RYOTE DORI

- TEN CHI NAGE

KOKYO HO

MOROTE DORI

- KOKYU NAGE

TSUKI

- KOTE GAESHI

TODAS LAS TÉCNICAS OMOTE Y URA