



EXÁMEN DE 4º KYU

SUWARI WAZA

SHOMEN UCHI

- IKKYO
- NIKKYO
- SANKYO

HAMMI HANDACHI

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

TACHI WAZA

SHOMEN UCHI

- IKKYO
- IRIMI NAGE

USHIRO TEKUBI DORI

- SHIHO NAGE

KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE
- KAITEN NAGE

RYOTE DORI

- TEN CHI NAGE

MOROTE DORI

- KOKYU NAGE

TSUKI

- KOTE GAESHI

KOKYO HO

TODAS LAS TÉCNICAS OMOTE Y URA