



## EXÁMEN DE 5º KYU

### SUWARI WAZA

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#### SHOMEN UCHI

- IKKYO
- NIKKYO

### HAMMI HANDACHI

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#### KATATE DORI (GYAKU HAMMI)

- SHIHO NAGE

### TACHI WAZA

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#### 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

#### KOKYO HO

#### TODAS LAS TÉCNICAS OMOTE Y URA