

PRIMER I SEGON DAN

*Totes les tècniques poden demanar-se en OMOTE i URA

SUWARI WAZA

SHOMEN UCHI

Ikkyo
Nikyo
Sankyo
Yonkyo
Gokyo
Irimi nage
Kote gaeshi (2 DAN)

YOKOMEN UCHI

Irimi nage
Kote gaeshi
Shiho nage
Ude kime nage (2 DAN)

KATA DORI

Ikkyo
Nikyo
Irimi nage
Shiho nage (2 DAN)

HANMI HANDACHI WAZA

SHOMEN UCHI

Ikkyo
Nikyo
Sankyo
Irimi nage
Kote gaeshi
Shiho nage (2 DAN)

GYAKU HANMI

KATATE DORI

Nikyo
Sankyo
Soto kaiten nage
Uchi kaiten nage
Shiho nage
Ude kime nage (2 DAN)

RYOTE DORI

Shiho nage
Kokyu nage
Sankyo
Ikkyo
Kokyu ho (2 DAN)

TACHIWAZA

AI HANMI KATATE DORI

Ikkyo
Nikyo
Sankyo
Uchi kaiten sankyo
Uchi kaiten nage
Irimi nage
Shiho nage (2 DAN)

SHOMEN UCHI

Ikkyo
Soto kaiten nage
Shiho nage
Koshi nage
Irimi nage
Kokyu nage
Kote gaeshi (2 DAN)

JODAN TSUKI

Ikkyo
Nikyo
Shiho nage
Koshi nage
Kote gaeshi
Hiji kime osae (2 DAN)

PRIMER I SEGON DAN

RYO KATA DORI

Ikkyo
Nikyo
Kote gaeshi
Kokyu nage
Uchi kaiten nage (2 DAN)

RYOTE DORI

Ten chin nage
Kokyu nage
Kote gaeshi
Juji garami (2 DAN)

KATA DORI MENUCHI

Ikkyo
Nikyo
Kote gaeshi
Shiho nage (2 DAN)

USHIRO RYOTE DORI

Ikkyo
Nikyo
Kote gaeshi
Kokyu ho
Shiho nage
Koshi nage (2 DAN)

USHIRO KATATE DORI KUBI SHIME

Ikkyo
Nikyo
Sankyo
Shiho nage
Ude kime nage
Kokyu nage
Juji garami (2 DAN)
Koshi nage (2 DAN)

TANTO DORI

CHUDAN TSUKI

Jiyu waza

TACHI DORI

SHOMEN UCHI

Jiyu waza

JO DORI

CHUDAN TSUKI

Jiyu waza

RANDORI

1er DAN 2 UKES

Jiyu waza

2on DAN 3 UKES

Jiyu waza

