

TERCER DAN

*Tot el programa en Jiyu waza

SUWARI WAZA

SHOMEN UCHI

YOKOMEN UCHI

KATA DORI

HANMI HANDACHI WAZA

SHOMEN UCHI

GYAKU HANMI
KATATE DORI

YOKOMEN UCHI

TACHIWAZA

SHOMEN UCHI

AI HANMI KATATE DORI

JODAN TSUKI

RYO KATA DORI

RYOTE DORI

YOKOMEN UCHI

KATA DORI MENUCHI

USHIRO RYOTE DORI

USHIRO ERI DORI

USHIRO KATATE DORI
KUBISHIME

TANTO DORI

TACHI DORI

JO DORI

RANDORI

4 UKES

