

## 1 KYU - MARRÓN

POSTURA	ATAQUE	TÉCNICA
SUWARI WAZA	RYOTE DORI	KOTE GAESHI
		NIKYO
		IKKYO
		SANKYO
		IRIMI NAGE
	SHOMEN UCHI	GOKYO
HAMMI HANDACHI WAZA	SHOMEN UCHI	IKKYO
		GOKYO
	USHIRO RYO KATA DORI	IRIMI NAGE
		SANKYO
		NIKYO
		KOKYU NAGE
	KATATE DORI	NIKYO
		IKKYO
		KOKYU NAGE
		IRIMI NAGE
		SANKYO
		YONKYO
		GOKYO
	SUMI OTOSHI	

1 KYU - MARRÓN

POSTURA	ATAQUE	TÉCNICA
TACHI WAZA	JODAN TSUKI	NIKYO
		SANKYO
		KOTE GAESHI
		SHIHO NAGE
		KOSHI NAGE
		YONKYO
		SOTO KAITEN NAGE
		UCHI KAITEN NAGE
	USHIRO ERI DORI	TENCHI NAGE
		SHIHO NAGE
		IKKYO
		KOKYU NAGE
	CHUDAN TSUKI	YONKYO
		KOTE GAESHI
		KAITEN NAGE
		KOKYU NAGE
		KOSHI NAGE
	SHOMEN UCHI	KOSHI NAGE
	USHIRO KATATE DORI KUBI SHIME	KOKYU NAGE
		SANKYO
		IKKYO
SHIHO NAGE		
USHIRO RYO KATA DORI	JUJI GARAMI	
	KOTE GAESHI	
	KOKYU NAGE	
Un trabajo libre, sobre diversos ataques, aplicando variaciones de Ikkyo - Sankyo - Shiho nage - Ude Kime nage - etc.		