

2 KYU - AZUL

POSTURA	ATAQUE	TÉCNICA
SUWARI WAZA	MUNA DORI	IKKYO
		NIKYO
	KATA DORI	SANKYO
	YOKOMEN UCHI	IKKYO
		NIKKYO
		SANKYO
		YONKYO
		IRIMI NAGE
	KATATE DORI	KOTE GAESHI
		SANKYO
	RYO KATA DORI	IKKYO
		NIKKYO
		YONKYO
HAMMI HANDACHI WAZA	SHOMEN UCHI	SHIHO NAGE
		SANKYO
	RYOTE DORI	IRIMI NAGE
		YONKYO
	USHIRO RYO KATA DORI	IKKYO
	KOTE GAESHI	

2 KYU - AZUL

POSTURA	ATAQUE	TÉCNICA
TACHI WAZA	KATATE DORI	AIKI OTOSHI
		SUMI OTOSHI
		KOTE GAESHI
	KATATE RYOTE DORI	IRIMI NAGE
		KOKYU NAGE
	KATA DORI	SANKYO
		YONKYO
	KATA DORI MEN UCHI	IKKYO
		NIKKYO
		KAITEN NAGE
		SHIHO NAGE
		IRIMI NAGE
	MUNA DORI	KOTE GAESHI
		IKKYO
		NIKKYO
	RYOTE DORI	SHIHO NAGE
		NIKKYO
		SANKYO
	RYO KATA DORI	IKKYO
		IRIMI NAGE
		YONKYO
		HIJI KIME OSAE
	USHIRO RYO KATA DORI	IKKYO
		NIKKYO
		SANKYO
		IRIMI NAGE
	USHIRO RYOTE DORI	SANKYO
		YONKYO
		KOKYU NAGE
		KAITEN NAGE
	USHIRO RYO HIJI DORI	IKKYO
		KOTE GAESHI
		SHIHO NAGE
	SHOMEN UCHI	GOKYO
		UDE KIMI NAGE
		KAITEN NAGE
	YOKOMEN UCHI	SANKYO
		KOSHI NAGE
		USHIRO KIRI OTOSHI
	CHUDAN TSUKI	NIKKYO
		SANKYO
		TENCHI NAGE
JODAN TSUKI	IKKYO	
	IRIMI NAGE	
	HIJI KIME OSAE	