

3 KYU - VERDE

POSTURA	ATAQUE	TÉCNICA
SUWARI WAZA	KATA DORI	IKKYO
		NIKYO
	SHOMEN UCHI	NIKKYO
		SANKYO
	KATATE DORI	IRIMI NAGE
		IKKYO
HAMMI HANDACHI WAZA	KATATE DORI	SHIHO NAGE
TACHI WAZA	AI HAMMI KATATE DORI	SOTO KAITEN NAGE
		UCHI KAITEN NAGE
	KATATE DORI	IRIMI NAGE
		KOKYU NAGE
	RYOTE DORI	IKKYO
		SHIHO NAGE
		IRIMI NAGE
	USHIRO RYOTE DORI	NIKYO
		KOTE GAESHI
		SHIHO NAGE
		IRIMI NAGE
	SHOMEN UCHI	YONKYO
		SHIHO NAGE
		KOKYU NAGE
	YOKOMEN UCHI	IKKYO
		NIKYO
		IRIMI NAGE
	CHUDAN TSUKI	IKKYO
		IRIMI NAGE