

4 KYU - NARANJA

POSTURA	ATAQUE	TÉCNICA
SUWARI WAZA	AI HAMMI KATATE DORI	IKKYO
		IRIMI NAGE
	SHOMEN UCHI	IKKYO
		IRIMI NAGE
TACHI WAZA	AI HAMMI KATATE DORI	NIKKYO
		SANKYO
		UDE KIME NAGE
	KATATE DORI	IKKYO
		SANKYO
		NIKKYO
		IRIMI NAGE
	SHOMEN UCHI	NIKKYO
		KOTE GAESHI
	YOKOMEN UCHI	SHIHO NAGE
		KOTE GAESHI
	RYOTE DORI	TENCHI NAGE
	USHIRO RYOTE DORI	IKKYO