

PROGRAMA TECNICO CINTO NEGRO POR KYUS

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
5° KYU AMARILLO 3 MESES MINIMO	AI HANMI KATATE DORI	X				IRIMI NAGE	OMOTE URA
	" " " "	X				KOTE GAESHI	
	" " " "	X				IKKYO	OMOTE URA
	" " " "	X					
	" " " "	X				SHIHO NAGE	OMOTE URA
	" " " "	X					
	" " " "	X				UCHI KAITEN NAGE	
	" " " "	X					
	" " " "	X				UCHI KAITEN SANKYO	
	" " " "	X					
	" " " "	X				SANKYO	
	SHOMEN UCHI	X				IRIMI NAGE	
	" "	X				IKKYO	OMOTE URA
	" "	X				NIKYO	OMOTE URA
	" "	X				KOTE GAESHI	
	CHUDAN TSUKI	X				IRIMI NAGE	OMOTE URA
	" "	X				KOTE GAESHI	
	GYAKUHANMI KATATE DORI	X				SHIHO NAGE	OMOTE URA
	" "	X				TENCHI NAGE	
	" "	X				IKKYO	OMOTE URA
	" "	X				UDE KIME NAGE	OMOTE URA
	" "	X				KOKYU NAGE	
	KATA DORI	X				IKKYO	OMOTE URA
	SHOMEN UCHI		X			IKKYO	OMOTE URA
	KATA DORI		X			IKKYO	OMOTE URA