

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC 1	SUW 2	HAN 3	USH 4	TECNICAS	
						KIHON	WAZA
2° KYU AZUL 6 MESES MINIMO	SOMEN UCHI	X				JUJI WAZA	
	YOKOMEN UCHI	X				NIKYO	OMOTE URA
	" "	X				SANKYO	OMOTE URA
	" "	X				YONKYO	OMOTE URA
	" "	X				GOKYO	
	" "	X				KOSHI NAGE	
	MUNA DORI	X				IKKYO	OMOTE URA
	" "	X				SHIHO NAGE	
	" "	X				UCHI KAITEN SANKYO	
	KATADORI MENUCHI	X				IKKYO	
	" "	X				SHIHO NAGE	
	" "	X				IRIMI NAGE	
	" "	X				KOTEGAESHI	
	" "	X				KOSHI NAGE	
	JODAN TSUKI	X				NIKYO	OMOTE URA
	"	X				SANKYO	OMOTE URA
	MAE GERI	X				IRIMI NAGE	
	ERI DORI				X	IKKYO	
	RYO KATA DORI				X	IKKYO	
	" " "				X	NIKYO	
	" " "				X	SANKYO	
	" " "				X	IRIMI NAGE	
	" " "				X	KOTEGAESHI	
	RYO HIJI DORI				X	KOTEGAESHI	
	" " "				X	IRIMI NAGE	
	KATATE DORI KUBISHIME				X	IKKYO	
	SOMEN UCHI		X			YONKYO	OMOTE URA
	" "		X			SOTO KAITEN NAGE	
	RYO KATA DORI		X			IKKYO	
	CHUDAN TSUKI		X			KOTEGAESHI	
	JODAN TSUKI		X			IKKYO	OMOTE URA