

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
1º KYU MARRON 12 MESES MINIMO	YOKOMEN UCHI	X				JUJI WAZA	
	CHUDAN TSUKI	X				JUJI WAZA	
	MAE GERI	X				JUJI WAZA	
	MUNA DORI MENUCHI	X				IKKYO	OMOTE URA
	" " "	X				NIKYO	OMOTE URA
	" " "	X				KOSHI NAGE	
	JODAN TSUKI	X				YONKYO	OMOTE URA
	" "	X				IRIMI NAGE	
	" "	X				SOTO KAITEN NAGE	
	" "	X				USHIRO KIRI OTOSHI	
	RYOTEDORI				X	YONKYO	OMOTE URA
	"				X	AIKI OTOSHI	
	"				X	KOKYU NAGE	
	"				X	KOSHI NAGE	
	USHIRO KATATE DORI KUBISHIME				X	NIKYO	
	" " " "				X	SANKYO	
	" " " "				X	HIJI KIME OSAE	
	ERI DORI				X	IRIMI NAGE	
	" "				X	SANKYO	
	" "					IRIMI NAGE	
	KATATE DORI			X		SHIHO NAGE	
	" "			X		UCHI KAITEN NAGE	
	" "			X		IKKYO	OMOTE URA
	RYOTEDORI			X		SHIHO NAGE	
	SOMEN UCHI		X			JUJI WAZA	
	RYO KATA DORI		X			SANKYO	OMOTE URA
	" " "		X			YONKYO	OMOTE URA
	KATADORI MENUCHI		X			IRIMI NAGE	
	" "		X			KOTEGAESHI	
	" "		X			KOKYU NAGE	
	SOMEN UCHI	X				HIJI KIME OSAE	
	JODAN TSUKI	X				HIJI KIME OSAE	
	KATATE DORI	X				HIJI KIME OSAE	
	AI HANMI KATATE DORI	X				HIJI KIME OSAE	
	KATATE DORI	X				AIKI OTOSHI	
	JODAN TSUKI	X				AIKI OTOSHI	
	AI HANMI KATATE DORI	X				AIKI OTOSHI	
	KATATE DORI	X				SUMI OTOSHI	
	AI HANMI KATATE DORI	X				SUMI OTOSHI	
	SOMEN UCHI	X				SUMI OTOSHI	
	SOMEN UCHI	X				AIKI NAGE	