

EJERCICIOS EDUCATIVOS

TSUGI ASHI
AYUMI ASHI
TAISABAKI
SHIKKO
TESABAKI
UKEMI
KAMAE
MA AI
AIHANMI
GYAKUHANMI
KOKYUHO

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
4° KYU NARANJA 4 MESES MINIMO	SHOMEN UCHI	X				SANKYO	OMOTE URA
	" "	X				UCHI KAITEN SANKYO	
	YOKOMEN UCHI	X				SHIHO NAGE	OMOTE URA
	" "	X				IRIMI NAGE	
	" "	X				TENCHI NAGE	
	" "	X				KOTE GAESHI	
	" "	X				UDE KIME NAGE	
	CHUDAN TSUKI	X				UDE KIME NAGE	
	" "	X				HIJI KIME OSAE	
	JODAN TSUKI	X				IKKYO	OMOTE URA
	RYOTE DORI	X				SHIHO NAGE	OMOTE URA
	" "	X				TENCHI NAGE	
	" "	X				UDE KIME NAGE	
	" "	X				IKKYO	OMOTE URA
	GYAKUHANMI	X				NIKYO	OMOTE URA
	SHOMEN UCHI		X			NIKYO	OMOTE URA
	RYOTEDORI		X			KOKYUHO	