

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC 1	SUW 2	HAN 3	USH 4	TECNICAS	
						KIHON	WAZA
3° KYU VERDE 5 MESES MINIMO	SHOMEN UCHI	X				YONKYO	OMOTE URA
	"	X				GOKYO	
	YOKOMEN UCHI	X				IKKYO	OMOTE URA
	CHUDAN TSUKI	x				UCHI KAITEN SANKYO	
	"	X				UCHI KAITEN NAGE	
	JODAN TSUKI	X				KOTEGAESHI	
	"	X				SHIHO NAGE	
	GYAKU HANMI	X				UCHI KAITEN NAGE	
	" "	X				SANKYO	OMOTE URA
	" "	X				YONKYO	OMOTE URA
	" "	X				IRIMI NAGE	
	KATATE RIOTEDORI (MOCHI)	X				IKKYO	OMOTE URA
	"	X				NIKYO	OMOTE URA
	"	X				KOTEGAESHI	
	RYOTEDORI	X				IRIMI NAGE	
	"	X				KOTEGAESHI	
	"	X				KOKYU NAGE	
	"				X	HIJIKIMEOSAE	
	"				X	KOTEGAESHI	
	"				X	SHIHO NAGE	
	"				X	IRIMI NAGE	
	"				X	IKKYO	OMOTE URA
	SOMEN UCHI		X			IRIMI NAGE	
	"		X			KOTEGAESHI	
	"		X			SANKYO	OMOTE URA