

3°KYU 2006 (Examen) 50 Dias

Todos los movimientos del 4° KYU y:

- IKKYO (OMOTE - URA)
- NIKKYO SHOMEN UCHI SUWARI WAZA
- SANKYO YOKOMEN UCHI TACHI WAZA
- YONKIO

- SHIO NAGE YOKOMEN UCH RYOTE TORI (OMOTE - URA)

- IRIMI NAGE SHOMEN UCHI TSUKI (OMOTE - URA)

- KOTEGAESHI SHOMEN UCHI TSUKI (OMOTE - URA)

- TENSHI NAGE RYOTE TORI

2°KYU 2006 (Examen) 50 Dias

Todos los movimientos del 3° KYU y:

- IKKYO (OMOTE - URA)
- NIKKYO KATATORI SUWARI WAZA
- SANKYO TACHI WAZA
- YONKIO

- SHIO NAGE KATATETORI HANMI-HANTACHI

- IRIMI NAGE KATATETORI TACHI WAZA

- KOTEGAESHI KATATETORI TACHI WAZA

- KAITEN NAGE KATATETORI (OMOTE - URA)

- TENSHI NAGE RYOTE TORI

1°KYU

2006 (Examen)

60 Dias

Todos los movimientos del 2° KYU y:

- IKKYO (OMOTE - URA)
- NIKKYO USHIRO RYOTE TORI SUWARI WAZA
- SANKYO TACHI WAZA
- YONKIO

- GOKIO YOKOMEN UCHI

- SHIO NAGE RYOTE TORI TACHI WAZA
HANMI-HANTACHI

- IRIMI NAGE YOKOMEN UCHI

- KOTEGAESHI YOKOMEN UCHI

- KAITEN NAGE YOKOMEN UCHI (OMOTE - URA)

- TENSHI NAGE RYOTE TORI

- JUJI GARAMI

- SUMIOTOSHI

- KOSHI-NAGE

- JO