

KATA-SA DOJO



Programa marcial



2025

CINTURON BLANCO



ATEMI WAZA

1. Mawashi tsuki
2. Mae tsuki
3. Mae Geri

UKE WAZA

1. Gedan barai
2. Uchi uke
3. Soto uke
4. Age uke

NAGE WAZA

1. O soto gari
2. O uchi gari
3. Ippon seoi nage
4. O goshi

TACHI WAZA

1. Ikkyo
2. Shiho nage

KATA SHIMENAWA TOREHI

純

"PUREZA"

CINTURON AMARILLO



ATEMI WAZA

1. Tate tsuki
2. Yoko geri
3. Mawashi geri

UKE WAZA

1. Shuto uke
2. Jodan uke
3. Morote uke

SHIME WAZA

1. Kata gatame

NAGE WAZA

1. Seoi nage
2. Ko soto gari
3. Ko uchi gari
4. Tai otoshi

TACHI WAZA

1. Nikkyo
2. Kote gaeshi
3. Irimi nage

KATA SHODAN

発見

"DESCUBRIMIENTO"

CINTURON NARANJA



ATEMI WAZA

1. Uraken
2. Shuto uchi
3. Ushiro geri

UKE WAZA

1. Nagashi uke
2. Juji uke
3. Shuto uke

KATAME WAZA

1. Ude garami
2. Waki gatame
3. Hara gatame

NAGE WAZA

1. Koshi guruma
2. Harai goshi
3. Morote gari

TACHI WAZA

1. Sankkyo
2. Uchi kaiten nage
3. Ude kime nage

SHIME WAZA

1. Hadaka Jime
2. Kata juji jime

KATA NIDAN



"ILUSION /AMOR"

CINTURON VERDE



ATEMI WAZA

1. Empi uchi
2. Teisho uchi
3. Hiza geri

UKE WAZA

1. Osae uke
2. Tate shuto uke
3. Morote gedan barai

KATAME WAZA

1. Juji gatame
2. Hiza gatame
3. Ashi gatame

NAGE WAZA

1. O guruma
2. Kokyu nage
3. Kuchiki taoshi
4. Sumi gaeshi

SHIME WAZA

1. Okuri eri jime
2. Kata ha jime
3. Te jime

KATA SANDAN

TACHI WAZA

1. Yonkkyo
2. Gokkyo
3. Ushiro kiri otoshi

希望

"ESPERANZA / FE"

CINTURON AZUL



ATEMI WAZA

1. Tetsui uchi
2. Kagi tsuki
3. Yoko keage

UKE WAZA

1. Haiwan uke
2. Kaki wake
3. Osae uke

KATAME WAZA

1. Te gatame
2. Ude gatame
3. Kata ude kansetsu

NAGE WAZA

1. Uchi mata
2. Tomoe nage
3. Ura nage
4. Sode t. goshi
5. Kubi nage

SHIME WAZA

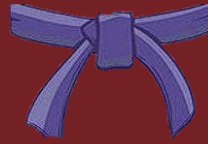
1. Sankaku jime
2. Tsukkomi jime
3. Katate jime

KATA YONDAN



"IDEALISMO"

CINTURON LILA



ATEMI WAZA

1. Ura tsuki
2. Age tsuki
3. Kakato geri

UKE WAZA

1. Juji kubi
2. Sukui uke

KATAME WAZA

1. Ashi garami
2. Sankaku gatame
3. Kani garami
4. Ashi sankaku garami

NAGE WAZA

1. Osoto guruma
2. Tani otoshi
3. Obi tori gaeshi
4. Kani basami
5. Sukui nage

SHIME WAZA

1. Sode g. jime
2. Ryote jime
3. Ashi gatame jime

KATA GODAN



"PERSEVERANCIA"

CINTURON MARRON



ATEMI WAZA

1. Ura mawashi geri
2. Haito uchi

UKE WAZA

1. Uchi ashi uke
2. Sukui uke

KATAME WAZA

1. Kata ashi hisighi
2. Hiza tori garami
3. Ashi dori garami

NAGE WAZA

1. Soto makikomi
2. Yoko wakare
3. Yoko otoshi
4. Tawara guruma
5. Yoko guruma
6. Yoko otoshi
7. Uki waza

SHIME WAZA

1. Koshi jime
2. Jigoku jime
3. Morote jime

KATA KANKU DAI

知識

"CONOCIMIENTO"



LISTA DE KATA

EXTRA PROGRAMA

SHIHO

TAYKYOKU

TAI SABAKI NO KATA

TEKKI SHO

JION

BASSAI DAI

KANKU DAI

ENPI

SOCHIN



TECNICAS
EXTRA PROGRAMA

KIHON

ZENKUTSU DACHI

KIBA DACHI

KOKUTSU DACHI

MAE UKEMI

ZEMPO UKEMI

YOKO UKEMI

USHIRO UKEMI

IRIMI

TENKAN

TAI SABAKI

KAMAE

OMOTE

URA



TECNICAS

EXTRA PROGRAMA

KATAME WAZA

(RETENCIONES DEPORTIVAS)

MUNE GATAME

TATE SHIHO GATAME

KAMI SHIHO GATAME

HON KESA GATAME

YOKO SHIHO GATAME

MAKURA KESA GATAME

KUZURE KESA GATAME

USHIRO KESA GATAME

KUZURE YOKO

KUZURE TATE

KUZURE KAMI

UKI GATAME

WAKI KESA GATAME



TECNICAS

EXTRA PROGRAMA

NAGE WAZA

IPPON SEOI OTOSHI

O SOTO OTOSHI

TAI OGOSHI

HIZA TAI OTOSHI

UKI GOSHI

MOROTE SEOI NAGE

ASHI NAGE

TSURIKOMI GOSHI

TSURI GOSHI

KAWASU GAKE

ASHI GURUMA

UKI OTOSHI

HANE GOSHI

YAMAAARASHI

OBI OTOSHI

MOROASHI TOMOE NAGE

YOKO TOMOE NAGE

KOSHI NAGE

USHIRO GOSHI

UTSURI GOSHI

YOKO GAKE

KO SOTO GAKE

MAKIKOMI NAGE