

Yonkyu

ATAQUE	TÉCNICA
KATATE-DORI	T/H Shiho-nage
	<i>T/S Ikkyo</i>
	<i>T/S Nikkyo</i>
	<i>T Irimi-nage</i>
	<i>T Kaiten-nage</i>
	<i>T Tenchi-nage</i>
	<i>T Sumiotosi</i>
	<i>T Kokyo-nage</i>
MOROTE-DORI	<i>T Ikkyo</i>
	<i>T Irimi-nage</i>
	<i>T Kotegaeshi</i>
RIOTE-DORI	<i>T Ikkyo</i>
	<i>T Nikkyo</i>
	T/S Shiho-nage
	T Tenchi-nage
	<i>T/S Irimi-nage</i>
	<i>T/S Kokyo-nage</i>
	S Kokyu-ho
	T Haishin undo
KATA-DORI	T Nikkyo
	<i>T/S Ikkyo</i>
	<i>S Nikkyo</i>
TSUKI (CHUDAN)	T Irimi-nage
	<i>T Kotegaeshi</i>
SHOMEN-UCHI	T/S Ikkyo
	T/S Nikkyo
	T/S Sankyo
	T/S Yonkyo
	T/S Gokyo
	T/S Rokyo
	T/S Irimi-nage
	<i>T T. Shiho-nage</i>
	<i>T Kaiten-nage</i>
YOKOMEN-UCHI	T Shiho-nage
	<i>T Ikkyo</i>
	<i>T Nikkyo</i>
	<i>T Sankyo</i>
	<i>T Yonkyo</i>
	<i>T Kotegaeshi</i>
	<i>T Irimi-nage</i>
BASICOS	Torifune, Furitame
	Shikko
	Kamae (Hidari/Migi)
	Taisabaki
	Okuri Ashi, Tsugi Ashi,
	Tenkai Ashi, Irimi Ashi,
	Tenkan Ashi, Irimitenkan

	Kaiten Ashi
	Ukemis
	Mae/Ushiro Kaiten Ukemi,
	Yoko Ukemi
	Shutouchi
	Shomen ,Yokomen
	Ikkyo shihogiri
	- Hidari-Hanmi.
	- Migi-Hanmi.
	Morotedori
	(Mae, Ushiro)
	Kokyoryoku yosei-ho
	Ryuotedori
	Tenkan-ho