

Programa de examen de la A.C.A.F.C.

Todos los grados han de tener la cuota de la Asociación vigente.

Rokyu				Gokyu			
20 €	3 meses	30 días	1 curso	23 €	3 meses	30 días	1 curso
Torifune, F Ukemis; M Yo Taisabaki- As Shuto Uch Técnicas S. Shomer T. Katate d	igi Hanmi, Hida iuritame lae Kaiten Uke lko Ukemi Okuri Ashi, Tsi shi, Tenkan Ash i - Shomen, Yo n Uchi - Ikkyo lori - Sihonage n Uchi - Ikkyo,	mi, Ushiro kai ugi Ashi, Tenk ni, Irimitenkan okomen	ai Ashi, Irimi	Técnicas S. Shomen T. Kata dor	- Kokyoryoku ı Uchi - Ikkyo,	Iriminage	e / Ushiro)
S. Ryotedo	ori - Kokyo-ho ori - Haishin-un	-					
Yonkyu				Sankyu			
26 €	6 meses	60 días	2 curso	29 €	6 meses	60 días	2 curso
Básico Ryote Dori - Tenkan-ho Técnicas S.T. Shomen Uchi - Katame Waza T. Shomen Uchi - Kaiten Nage T. Ryote Dori - Shihonage, Tenchinage			T. Morote D T. Ushiro R	oori - Katame N Dori - Kokyo N Lyote Dori - Sh n Uchi - Koteg	age iihonage		
T. Tsuki - Iı	riminage, Kote	gaeshi.		Tanto Dori	ı Uchi - Taisab n Uchi - Gokyı		
Nikyu				Ikkyu			
32 €	6 meses	60 días	2 curso	35 €	9 meses	90 días	3 curso
T. Shomen T. Yokome T. Tsuki - II T. Morote I	ori - Katame W 1 Uchi - Shihon n Uchi - Ikkyo kkyo Dori - Jiyu Waz Ryote Dori - Jiy	age, Koshina za	ge	T. Ryote Do T. Morote D T. Ushiro R T. Ushiro M	n Uchi - Katam ori - Jiyu Waza Dori - Jiyu Waz Iyote Kata Dor Iunedakishima ridori - Jiyu W	a za ri - Jiyu Waza e - Jiyu Waza	
				T O			

Para examinarnos debemos conocer integramente el programa de estudios del grado al que nos examinamos y de los grados anteriores.

T. Shomen Uchi - Taisabaki

Dan Grados

A partir del Nidan hay que tner la cuota del aikikai al día.

Grado	Tiempo	Días	Cursos	Puntos
Shodan	1 año	100	6	18
Nidan	2 años	200	8	24
Sandan	3 años	300	12	36
Yondan	4 años	400	18	54

Sandan.- Dos cursos tipo residencial.

ATAQUE	TÉCNICA
KATATE-DORI	T Shiho-nage
RIOTE-DORI	S Kokyu-ho
	T Haishin undo
SHOMEN-UCHI	T Ikkyo
	S Ikkyo
	T Irimi-nage
BASICOS	Torifune, Furitame
	Shikko
	Kamae (Hidari/Migi Hanmi)
	Taisabaki
	Okuri Ashi, Tsugi Ashi,
	Tenkai Ashi, Irimi Ashi,
	Tenkan Ashi, Irimitenkan
	Kaiten Ashi
	Ukemis
	Mae/Ushiro Kaiten Ukemi,
	Yoko Ukemi
	Shutouchi
	Shomen ,Yokomen

KATATE-DORI	T/H Shiho-nage
	T/S Ikkyo
	T/S Nikkyo
	T Irimi-nage
	T Kaiten-nage

ATAQUE

TÉCNICA

RIOTE-DORI	S Kokyu-ho
	T/S Shiho-nage
	T Tenchi-nage
	T Haishin undo

KATA-DORI	T Nikkyo
	T/S Ikkyo
	S Nikkyo

SHOMEN-UCHI	T/S Ikkyo
	T/S Nikkyo
	T/S Irimi-nage

YOKOMEN-UCHI	T Shiho-nage
	T Ikkyo
	T Nikkyo
	T Irimi-nage

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

ATAQUE	TÉCNICA
KATATE-DORI	T/H Shiho-nage
	T/S Ikkyo
	T/S Nikkyo
	T Irimi-nage
	T Kaiten-nage
	T Tenchi-nage
	T Sumiotosi T Kokvo-nage
MOROTE-DORI	T Kokyo-nage T Ikkyo
MOROTE-DORI	T Irimi-nage
	T Kotegaeshi
RIOTE-DORI	T Ikkyo
	T Nikkyo
	T/S Shiho-nage
	T Tenchi-nage
	T/S Irimi-nage
	T/S Kokyo-nage S Kokyu-ho
	T Haishin undo
KATA-DORI	T Nikkyo
	T/S Ikkyo
	S Nikkyo
TSUKI (CHUDAN)	T Irimi-nage
	T Kotegaeshi
SHOMEN-UCHI	T/S Ikkyo
	T/S Nikkyo
	T/S Sankyo T/S Yonkyo
	T/S Gokyo
	T/S Rokyo
	T/S Irimi-nage
	T T. Shiho-nage T Kaiten-nage
YOKOMEN-UCHI	T Shiho-nage
TOROWEN-OCTI	T Ikkyo
	T Nikkyo
	T Sankyo
	T Yonkyo T Kotegaeshi
	T Irimi-nage
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
	<u> </u>

ATAQUE	TÉCNICA	PREPARATORIO TRABAJO S		
KATATE-DORI katatedori	H Shiho-nage T.S.H. Ikkyo	katatedori katame-waza sodedori nage-waza	kosadori (jiyu waza)	katame-waza nage-waza
	T.S.H. Nikkyo T.S.H. Sankyo	hijidori katadori		
·	T.S.H. Yonkyo T.S.H. Gokyo	shomenuchi katame-waza	yokomenuchi	katame-waza
· · · · · · · · · · · · · · · · · · ·	T.S.H. Rokyo T.S.H. Kokyu-nage	(iyu waza) nage-waza	(jiyu waza)	nage-waza
	T. H. Kotegaeshi (Jodan, chudan, gedan) T.H. Udekime-nage	riotedori katame-waza (iyu waza) nage-waza	morotedori (jiyu waza)	katame-waza nage-waza
katatedori/kosadori	T.S. likkyo T.S. Nikkyo	ushiro waza katame-waza ryotedori nage-waza	hanmi hantachi waza katatedori	katame-waza nage-waza
	T.S. Sankyo T.S. Yonkyo	ryosodedori ryohijidori	katadori ryotedori	nage-waza
	T.S. Gokyo T.S. Rokyo	ryokatadori Munedakishime	shomenuchi yokomenuchi	
	T Shiho-nage T Jiyu-Waza	katatedorikubishime Eridori	youniciacii	
	T Irimi-nage	endon		
	T Kote-gaeshi T Kaiten-nage			
	T Tenchi-nage T Sumiotosi			
MOROTE-DORI	T Kokyo-nage T Ikkyo T Nikkyo			
	T Sankyo			
	T Yonkyo T Jiyu Waza T Jujigarami-nage			
	T Shiho-nage T Irimi-nage			
	T Kotegaeshi T Udekime-nage			
RIOTE-DORI	T Kokyo Nage			
NOTE-BON	S Kokyu-ho T Tenchi-nage T/S Shiho-nage			
	T Kote-gaeshi (jodan, chudan, gedan) T.S.H. Ikkyo			
	T.S.H. Nikkyo T.S.H. Sankyo			
	T.S.H. Yonkyo T.H. Sumiotoshi			
	T/S trimi-nage T/S Kokyo-nage	1		
	T Uchikaiten kokyo-nage T Sotokaiten kokyo-nage	}		
KATA-DORI	T.S.H. Ikkyo T.S.H. Nikkyo			
	T.S.H. Sankyo T.S.H. Yonkyo T. Uchikaiten sankyo			
	H. Uchikaiten-nage T. Sotokaiten Katakatame			
	T. Katakatame T. Kotegaeshi			
	T. Udegarami-nage T. Udehishige			
	T. Udekime-nage T.S.H. Shiho-nage T.S.H. Kokyo-nage			
TSUKI (CHUDAN)	T Ikkyo T Nikkyo			
	T Sankyo T Yonkyo			
	T. Gokyo T. Sotokaiten-nage			
	T. Tenchi-nage	}		
	T. Shiho-nage T Irimi-nage T Kotegaeshi			
TSUKI (JODAN)	T Ikkyo			
	T.H. Shiho-nage T.H. Kotegaeshi			
SHOMEN-UCHI	T. H. Kokyo-nage T/S Ikkyo			
	T/S Nikkyo T/S Sankyo			
	T/S Yonkyo T/S Gokyo			
	T/S Rokyo T/S Irimi-nage			
	T Kaiten-nage (uchi y soto) T Shiho-nage T Kotegaeshi			
	T Koshi-nage T Udekime-nage			
	T Sumiotoshi T Uchikaiten Sankyo			
Nindi Dori / S Shomen-uchi	T Kokyo-nage Taisabaki			
YOKOMEN-UCHI	T.S.H. Ikkyo T. Nikkyo			
	T Sankyo T Yonkyo T.S. Gokyo			
	T Kaiten-nage			
	T Udekime-nage T. Uchikaiten kokyo-nage			
	T. Katakatame T.H. Kokyo-nage T.H. Shiho-nage			
Tanto Dori / S Yokomen-uchi	T.H. Kotegaeshi S Gokyo			
USHIRO-RYOTEDORI (Ushiro Tekubi Dori)	T.H. likkyo T.H. Shiho-nage			
	T.H. Jiju Waza T.S.H. Kokyo-nage	1		
USHIRO-ERIDORI	T.H. Ikkyo T. Nikkyo	Í		
	T. Sankyo	1		
	T. Shiho-nage T. Kotegaeshi			
USHIRO-MUNEDAKISHIME	T. Kokyo-nage T. Ikkyo	1		
OMINEDAKISHIME	T. Shiho-nage	1		
USHIRO-KATATEDORIKUBISHI	T Santon			
	T. Sankyo T. Yonkyo T. Kokyo-nage			
BASICOS	Torifune, Furitame Shikko	į		
	Kamae (Hidari/Migi)	1		
	Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi,			
	Tenkan Ashi, Irimitenkan Kalten 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 (T) Haishin undo (T)	1		
		1		
	Técnicas de Pierna Mae geri (patada frontal) Yoko geri (patada lateral)			

ATAQUE	TÉCNICA
Katate-dori	H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	S. Kokyu-nage
	T. H. Kotegaeshi (Jodan, chudan, gedan)
Katate-dori / Kosa-dori	T.S. Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Rokyo T.H. Kote-gaeshi
	T.H. Irimi-nage
	T.H. Shiho-nage
	T.H. Udekimi-nage
	T.H. Kokyu-nage
	T Tenchi-nage T Kaiten-nage
	T Kaiten-nage T Sumiotosi
	T Jiyu-Waza
Morote-dori	T Ikkyo, Nikkyo, Sankyo, Yonkyo
(Katate-ryotedori)	T Irimi-nage
	T Kotegaeshi
	T Shiho-nage
	T Udekime-nage T Jujigarami-nage
	T Kokyo-nage
	T Jiyu-waza
Ryote-dori	S Kokyu-ho
(Ryotedori-ryotemochi)	T Haishin undo
	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T.H. Shiho-nage T.H. Irimi-nage
	T.H. Kokyo-nage
	T.H. Sumiotoshi
	T.S. Tenchi-nage
	T Kotegaeshi (jodan, chudan, gedan) T Uchikaiten kokyo-nage
	T Sotokaiten Kokyo-nage
	T Koshi-nage
	T Jiyu-waza
Kata-dori	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T.S.H. Shiho-nage T.S.H. Kokyo-nage
	T Kotegaeshi
	H Uchikaiten-nage
	T Uchikaiten sankyo
	T Katakatame T Uchikaite katakatame
	i Ochikaile kalakalame
	T Sotokaiten katakatame
	T Sotokaiten katakatame T Udegarami-nage
	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae)
	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage
	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage
Somenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage
Somenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage
Somenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi
Somenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage
	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage
Somenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo
	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage
	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage
Yokomenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage
Yokomenuchi	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo T Udehishige (Rokyo, Igikimeosae) T Irimi-nage
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Udekime-nage T Udekime-nage T Kotegaeshi T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo T Udehishige (Rokyo, Igikimeosae) T Irimi-nage T Kotegaeshi
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo T Udehishige (Rokyo, Igikimeosae) T Irimi-nage
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Ishiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Shiho-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Shiho-nage T Ikkyo T Irimi-nage T Shiho-nage T Shiho-nage T Shiho-nage T Sotokaiten-nage T Sotokaiten-nage T Tenchi-nage
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Todekime-nage T Shiho-nage T Todekime-nage T Shiho-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Shiho-nage T Kotegaeshi T Shiho-nage T Kaiten-nage
Yokomenuchi Jodan Tsuki	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Shiho-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Kaiten-nage T Kaiten-nage T Kaiten-nage
Yokomenuchi Jodan Tsuki Tsuki (Chudan)	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Ikkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Kotegaeshi T Shiko-nage T Kotegaeshi T Shiko-nage T Kaiten-nage T Kaiten-nage T Kaiten-nage
Yokomenuchi Jodan Tsuki Tsuki (Chudan)	T Udegarami-nage T Udehishige (Rokyo, Hijikime osae) T Udekime-nage T Koshi-nage T.H. Kokyo-nage T Ikkyo, Nikkyo, Sankyo, Yonkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Udekime-nage T.H. Ikkyo T Shiho-nage T Udekime-nage T Udekime-nage T Udekime-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Shiho-nage T Ikkyo T Irimi-nage T Ikkyo T Irimi-nage T Kotegaeshi T Shiho-nage T Kaiten-nage T Kaiten-nage T Kaiten-nage

1	T.H. Kokyo-nage
Shomen-uchi	T.S. Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo
	T.S. Irimi-nage
	T.S. Kotegaeshi
	T Shiho-nage
	T Udekime-nage T.S Kaiten-nage (uchi y soto)
	T Uchikaiten Sankyo
	T Sumiotoshi
	T Kokyo-nage
	T Koshi-nage
	T.H.Kokyo-nage
Ninindori (Shomen-uchi)	T.S. Taisabaki
Yokomen-uchi	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo
	T. Katame Waza
	T.H Irimi-nage
	T.H Kotegaeshi T.H Shiho-nage
	T Udekime-nage
	T Kaiten-nage
	T Uchikaiten kokyo-nage
	T Katakatame
	T Koshi-nage
	T Kokyo-nage
Tanto-dori (yokomen-uchi)	S Gokyo
Ushiro-Ryotedori	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
(Ushiro Tekubi Dori)	T Shiho-nage
	T Irimi-nage T Kotegaeshi
	T Kotegaeshi T Kaiten-nage
	T Koshi-nage
	T Kokyo-nage
	T Jiyu waza
Ushiro-Ryokatadori	T.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T Jiyu waza
Ushiro-katatedori-kubishime	T. Ikkyo, Nikyo, Sankyo, Yonkyo
	T. Shiho-nage
	T. Kotegaeshi
	T. Kokyo-nage
Ushiro-Munedakishime	T. Ikkyo
(Ushiro Haza Ijime)	T. Shiho-nage
	T. Kotegaeshi T. Kokyo-nage
	T. Jiyu waza
Ushiro-eridori	T. Irimi-nage
	T. Kokyo-nage
	T. Jiyu waza
Básicos	Torifune, Furitame
Dasicus	Shikko
İ	SHIKKO
	Kamae (Hidari/Migi) Taisabaki
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi,
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi,
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi, Tenkan Ashi, Irimitenkan
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi, Tenkan Ashi, Irimitenkan Kaiten Ashi
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi, Tenkan Ashi, Irimitenkan Kaiten Ashi Ukemis
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi, Tenkan Ashi, Irimitenkan Kaiten Ashi
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi, Tenkan Ashi, Irimitenkan Kaiten Ashi Ukemis Mae/Ushiro Kaiten Ukemi,
	Kamae (Hidari/Migi) Taisabaki Okuri Ashi, Tsugi Ashi, Tenkai Ashi, Irimi Ashi, Tenkan Ashi, Irimitenkan Kaiten Ashi Ukemis Mae/Ushiro Kaiten Ukemi, Yoko Ukemi
	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
	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.
	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.
	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
	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)
	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
	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
	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
	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 (T)
	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 (T) Haishin undo (T) Técnicas de Pierna Mae geri (patada frontal)
	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 (T) Haishin undo (T) Técnicas de Pierna