

Rokyu

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