

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

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

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
	<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

ATAQUE	TÉCNICA
KATATE-DORI	<i>H Shihō-nage</i>
katatedori	<i>T.S.H. Ikkyō</i>
	<i>T.S.H. Nikkyō</i>
	<i>T.S.H. Sankyō</i>
	<i>T.S.H. Yonkyō</i>
	<i>T.S.H. Gokyo</i>
	<i>T.S.H. Rokyo</i>
	<i>T.S.H. Kokyo-nage</i>
	<i>T.H. Kotegaeshi (Jōdan, chudan, gedan)</i>
	<i>T.H. Udekime-nage</i>
katatedori/kosadori	<i>T.S. Ikkyō</i>
	<i>T.S. Nikkyō</i>
	<i>T.S. Sankyō</i>
	<i>T.S. Yonkyō</i>
	<i>T.S. Gokyo</i>
	<i>T.S. Rokyo</i>
	<i>T. Shihō-nage</i>
	<i>T. Jiyū-Waza</i>
	<i>T. Irimi-nage</i>
	<i>T. Kote-gaeshi</i>
	<i>T. Kaiten-nage</i>
	<i>T. Tenchi-nage</i>
	<i>T. Sumatori</i>
	<i>T. Kokyo-nage</i>
MOROTE-DORI	<i>T. Ikkyō</i>
	<i>T. Nikkyō</i>
	<i>T. Sankyō</i>
	<i>T. Yonkyō</i>
	<i>T. Jiyū Waza</i>
	<i>T. Jugataemi-nage</i>
	<i>T. Shihō-nage</i>
	<i>T. Irimi-nage</i>
	<i>T. Kotegaeshi</i>
	<i>T. Udekime-nage</i>
	<i>T. Kokyo Nage</i>
RIOTE-DORI	<i>S Kokyo-ho</i>
	<i>T. Tenchi-nage</i>
	<i>T/S Shihō-nage</i>
	<i>T. Kote-gaeshi (jōdan, chudan, gedan)</i>
	<i>T.S.H. Ikkyō</i>
	<i>T.S.H. Nikkyō</i>
	<i>T.S.H. Sankyō</i>
	<i>T.S.H. Yonkyō</i>
	<i>T.H. Sumatori</i>
	<i>T/S Irimi-nage</i>
	<i>T/S Kokyo-nage</i>
	<i>T. Uchikaiten kokyo-nage</i>
	<i>T. Sotokaiten kokyo-nage</i>
KATA-DORI	<i>T.S.H. Ikkyō</i>
	<i>T.S.H. Nikkyō</i>
	<i>T.S.H. Sankyō</i>
	<i>T.S.H. Yonkyō</i>
	<i>T. Uchikaiten sankyo</i>
	<i>H. Uchikaiten-nage</i>
	<i>T. Sotokaiten Katakatame</i>
	<i>T. Katakatame</i>
	<i>T. Kotegaeshi</i>
	<i>T. Udegatame-nage</i>
	<i>T. Udehishige</i>
	<i>T. Udekime-nage</i>
	<i>T.S.H. Shihō-nage</i>
	<i>T.S.H. Kokyo-nage</i>
TSUKI (CHUDAN)	<i>T. Ikkyō</i>
	<i>T. Nikkyō</i>
	<i>T. Sankyō</i>
	<i>T. Yonkyō</i>
	<i>T. Gokyo</i>
	<i>T. Sotokaiten-nage</i>
	<i>T. Tenchi-nage</i>
	<i>T. Udehishigi</i>
	<i>T. Shihō-nage</i>
	<i>T. Irimi-nage</i>
	<i>T. Kotegaeshi</i>
TSUKI (JODAN)	<i>T. Ikkyō</i>
	<i>T. Irimi-nage</i>
	<i>T.H. Shihō-nage</i>
	<i>T.H. Kotegarihi</i>
	<i>T. H. Kokyo-nage</i>
SHOMEN-UCHI	<i>T/S Ikkyō</i>
	<i>T/S Nikkyō</i>
	<i>T/S Sankyō</i>
	<i>T/S Yonkyō</i>
	<i>T/S Gokyo</i>
	<i>T/S Rokyo</i>
	<i>T/S Irimi-nage</i>
	<i>T. Kaiten-nage (uchi y soto)</i>
	<i>T. Shihō-nage</i>
	<i>T. Kotegaeshi</i>
	<i>T. Kotehi-nage</i>
	<i>T. Udekime-nage</i>
	<i>T. Sumatori</i>
	<i>T. Uchikaiten Sankyō</i>
	<i>T. Kokyo-nage</i>
Nindi Dori / S Shomen-uchi	<i>Taisabaki</i>
YOKOMEN-UCHI	<i>T.S.H. Ikkyō</i>
	<i>T. Nikkyō</i>
	<i>T. Sankyō</i>
	<i>T. Yonkyō</i>
	<i>T.S. Gokyo</i>
	<i>T. Kaiten-nage</i>
	<i>T. Irimi-nage</i>
	<i>T. Udekime-nage</i>
	<i>T. Uchikaiten kokyo-nage</i>
	<i>T. Katakatame</i>
	<i>T.H. Kokyo-nage</i>
	<i>T.H. Shihō-nage</i>
	<i>T.H. Kotegaeshi</i>
Tanto Dori / S Yokomen-uchi	<i>S Gokyo</i>
USHIRO-RYOTEDORI	<i>T.H. Ikkyō</i>
(Ushiro Tekubi Dori)	<i>T.H. Shihō-nage</i>
	<i>T.H. Jiyū Waza</i>
	<i>T.S.H. Kokyo-nage</i>
USHIRO-ERIDORI	<i>T.H. Ikkyō</i>
	<i>T. Nikkyō</i>
	<i>T. Sankyō</i>
	<i>T. Yonkyō</i>
	<i>T. Shihō-nage</i>
	<i>T. Kotegaeshi</i>
	<i>T. Kokyo-nage</i>
USHIRO-MUNEDAKISHIME	<i>T. Ikkyō</i>
	<i>T. Shihō-nage</i>
	<i>T. Kotegarshi</i>
USHIRO-KATATEDORKUBISHIME	<i>T. Ikkyō</i>
	<i>T. Sankyō</i>
	<i>T. Yonkyō</i>
	<i>T. Kokyo-nage</i>
BASICOS	Torifune, Furikame
	Shikko
	Kamae (Hidan/Migi)
	Taisabaki
	Okuri Ashi, Tsugi Ashi,
	Yonasa Ashi, Irimi Ashi,
	Tenkan Ashi, Irimiterikan
	Kaiten Ashi
	Ukemi
	Mae/Ushiro Kaiten Ukemi,
	Yoko Ukemi
	Shutochi
	Shomen Yokomen
	Ikkyō shihogiri
	- Hidan-Hazimi,
	- Migi-Hazimi,
	Morotedori
	(Mae, Ushiro)
	Kotonyoku yosei-ho
	Ryuotedori
	tenkan-ho (1)
	Haslin undo (1)
	Técnicas de Pierna
	Mae geri (patada frontal)
	Yoko geri (patada lateral)
	Mawashi geri (patada circular)

PREPARATORIO TRABAJO SHODAN (Jiyū Waza)			
katatedori	katame-waza	kosadori	katame-waza
sodedori	nage-waza	(jiyu waza)	nage-waza
hijidori			
katadori			
shomenuchi	katame-waza	yokomenuchi	katame-waza
(jiyu waza)	nage-waza	(jiyu waza)	nage-waza
riotedori	katame-waza	morotedori	katame-waza
(jiyu waza)	nage-waza	(jiyu waza)	nage-waza
ushiro waza	katame-waza	hanmi hantachi waza	katame-waza
ryotedori	nage-waza	katatedori	nage-waza
posodedori		katadori	
ryohijidori		ryotedori	
ryokatadori		shomenuchi	
Munedakishime		yokomenuchi	
katatedorikubishime			
Eridori			

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 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
	T Sotokaiten katakatame
	T Udegarami-nage
	T Udehishige (Rokyo, Hijikime osae)
	T Udekime-nage
	T Koshi-nage
	T.H. Kokyo-nage
Somenuchi	T Ikkyo, Nikkyo, Sankyo, Yonkyo
	T Irimi-nage
	T Kotegaeshi
	T Shiho-nage
	T Udekime-nage
Yokomenuchi	T.H. Ikkyo
	T Shiho-nage
	T Udekime-nage
Jodan Tsuki	T Ikkyo
	T Irimi-nage
Tsuki (Chudan)	T Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo
	T Udehishige (Rokyo, Igikimeosae)
	T Irimi-nage
	T Kotegaeshi
	T Shiho-nage
	T Sotokaiten-nage
	T Tenchi-nage
	T Kaiten-nage
Tsuki (Jodan)	T Ikkyo, Nikkyo, Sankyo
	T Irimi-nage
	T.H. Shiho-nage
	T.H. Kotegaeshi

	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 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
	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 (T)
	Haishin undo (T)
	Técnicas de Pierna
	Mae geri (patada frontal)
	Yoko geri (patada lateral)
	Mawashi geri (patada circular)