

Esame per C. Gialla Gokyu

TAI SABAKI

- tsugi ashi, ayumi ashi, ushiro tsugi ashi
- kaiten, tenkan, irimi tenkan,
- shikko
- ushiro ukemi, mae ukemi

DORI

- kosadori, katatedori, sodeguchidori, sodedori, katadori, munadori, morotedori
- ryotedori, ryosodedori, ryokatadori, ryoerijime
- munadori menuchi, katadori menuchi

TAI JUTSU

TACHI WAZA (Forma di esecuzione KOTAI)

KATATE DORI TAI NO HENKO	ki hon	
MOROTEDORI KOKYU HO		
KOSADORI IKKYO	omote waza	ura waza
KOSADORI KOTEGAESHI		
KOSADORI SHIHONAGE	omote waza	ura waza
KOSADORI IRIMINAGE		
SHOMENUCHI IKKYO	omote waza	ura waza
SHOMENUCHI IRIMINAGE		
SHOMENUCHI KOTEGAESHI		

SUWARI WAZA (Forma di esecuzione KOTAI)

SHOMENUCHI IKKYO	omote waza	ura waza
RYOTEDORI KOKYU HO		

Dojo - Cho Fabio Luppi