



Programa de Exámenes de Kyu

5° KYU



Tachi waza

- | | | |
|----|----------------------|-----------------------------------|
| 1 | Ai Hammi Katate Dori | Ikkyo (omote y ura) |
| 2 | Ai Hammi Katate Dori | Shiho nage (omote y ura) |
| 3 | Ai Hammi Katate Dori | Irimi nage |
| 4 | Katate Dori | Tenchi nage |
| 5 | Katate Dori | Tenchi nage con tenkan (exterior) |
| 6 | Katate Dori | Shiho nague (omote y ura) Parado |
| 7 | Katate Dori | Shiho nague (omote) |
| 8 | Katate Dori | Shiho nague Ura.En acción |
| 9 | Shomen Uchi | Ikkyo (omote y ura) |
| 10 | Shomen Uchi | Irimi nage |
| 11 | Yiyu waza | |

Suwari waza

- | | | |
|----|-------------|-------------------|
| 12 | Shomen Uchi | Ikkyo Omote y Ura |
|----|-------------|-------------------|

4° KYU



Tachi waza

- | | | |
|----|----------------------|--------------------------------------|
| 1 | Katate Dori | Ikkyo (omote y ura) |
| 2 | Katate Dori | Kote gaeshi |
| 3 | Katate Dori | Irimi nage form 1 |
| 4 | Katate Dori | Irimi nage form 2 Tenkan 180° |
| 5 | Katate Dori | Irimi nage form 3 Tenkan 360° |
| 6 | Katate Dori | Uchi kaiten nague (omote y ura) |
| 7 | Katate Dori | Soto kaiten nague |
| 8 | Katate Dori | Soto kaiten nague (Ura) |
| 9 | Katate Dori | Ude kime nague ura. |
| 10 | Katate Dori | Sukomen irimi nague |
| 11 | Katate Dori | Koshi Nague |
| 12 | Kata Dori | Ikkyo (omote y ura) |
| 13 | Kata Dori | Nikyo Ura |
| 14 | Ai Hammi Katate Dori | Nikyo Ura. form 1 |
| 15 | Ai Hammi Katate Dori | Sankyo Omote |
| 16 | Ai Hanmi Katate Dori | Kote Gaeshi |
| 17 | Ai Hanmi Katate Dori | Ude Kime Nage |
| 18 | Shomen Uchi | Kote Gaeshi |
| 19 | Yokomen Uchi | Shiho nage (omote y Ura) |
| 21 | Ryote Dori | Tenchi nage (omote y ura) |
| 22 | Ushiro Ryote Dori | Sankyo (omote y ura) |
| 23 | Yiyu waza | |

Suwari waza

- | | | |
|----|-------------|-------------------|
| 24 | Shomen Uchi | Nikyo Omote y Ura |
| 25 | Shomen Uchi | Irimi nage |

3° KYU



Tachi waza

- | | | |
|----|-------------------|--|
| 1 | Katate Ryote Dori | Nikyo ura (exterior) forma 1 y forma 2 |
| 2 | Katate Ryote Dori | Kote Gaeshi (exterior) |
| 3 | Katate Ryote Dori | Ude kime Nage |
| 4 | Ryote Dori | Ikkyo (omote interior) |
| 5 | Ryote Dori | Ikkyo Ura salida lateral |
| 6 | Ushiro Ryote Dori | Ikkyo (omote y ura) |
| 7 | Ushiro Ryote Dori | Nikyo Ura |
| 8 | Ushiro Ryote Dori | Kote gaeshi |
| 9 | Ushiro Ryote Dori | Shiho Nage |
| 10 | Ushiro Ryote Dori | Iriminage |
| 11 | Yokomen Uchi | Ikkyo (omote y ura) |
| 12 | Yokomen Uchi | Nikyo ura |
| 13 | Yokomen Uchi | Sankyo (omote y ura) |
| 14 | Yokomen Uchi | Yonkyo (omote y ura) |
| 15 | Yokomen I Ichi | Kote Gaeshi interior |
| 16 | Yokomen Uchi | Kote Gaeshi exterior 3ra forma |
| 17 | Yokomen Uchi | Koshi nague |
| 18 | Shomen Uchi | Nikyo (omote y ura) |
| 19 | Shomen Uchi | Sankyo (omote y ura) |
| 20 | Shomen Uchi | Yonkyo (omote y ura) |
| 21 | Yiyu waza | Sólo Kokyu Nague |

Suwari waza

- | | | |
|----|--------------|--------------------|
| 22 | Shomen Uchi | Sankyo omote y ura |
| 23 | Shomen Uchi | Yonkyo omote y ura |
| 24 | Shomen Uchi | Kote gaeshi |
| 25 | Yokomen Uchi | Ikkyo omote y ura |
| 26 | Yokomen Uchi | Kote Gaeshi |

Hanmi Hantachi Waza

- | | | |
|----|-------------|---------------------------|
| 27 | Katate Dori | Shiho Nage (omote y ura) |
| 28 | Katate Dori | Ude Garami , uchi kaiten |
| 29 | Shomen Uchi | Iriminage |

2° KYU



Tachi waza

- | | | |
|----|----------------------|--------------------------|
| 1 | Kata Dori Men Uchi | Ikkyo omote y ura |
| 2 | Kata Dori Men Uchi | Nikyo ura |
| 3 | Kata Dori Men Uchi | Sankyo omote y ura |
| 4 | Kata Dori Men Uchi | Kote gaeshi |
| 5 | Kata Dori Men Uchi | Shiho Nage |
| 6 | Kata Dori Men Uchi | Irimi nage |
| 7 | Ushiro ryote Dori | Juji garami |
| 8 | Chudan Tsuki | Ikkyo omote y ura. |
| 9 | Chudan Tsuki | Irimi nage |
| 10 | Jodan Tsuki | Hiji kime osae |
| 11 | Ushiro ryo kata Dori | Nikyo ura |
| 12 | Ushiro ryo kata Dori | Sankyo omote y ura |
| 13 | Ushiro ryo kata Dori | Naname Kokyu nague |
| 14 | Ushiro ryo kata Dori | Aiki Otoshi |
| 15 | Katate Dori | Sankyo Omote y Ura |
| 16 | Katate Dori | Yonkyo omote y Ura |
| 17 | Katate Dori | Sumi otoshi |
| 18 | Shomen Uchi | Shiho nage omote |
| 19 | Shomen Uchi | Soto y Uchi Kaiten nague |
| 20 | Yokomen Uchi | Gokyo (kirigaeshi) |
| 21 | Ryote Dori | Kote Gaeshi |
| 22 | Ryote Dori | Irimi nage |
| 23 | Ai Hanmi Katate Dori | Koshi Nague |
| 24 | Yiyu waza | Sólo Kokyu Nague |

Suwari waza

- | | | |
|----|--------------|-------------------------|
| 25 | Yokomen Uchi | Nikyo omote y ura |
| 26 | Yokomen Uchi | Sankyo ura (kirigaeshi) |
| 27 | Yokomen Uchi | Irimi nage |

Hanmi Hantachi Waza

- | | | |
|----|-------------|-------------------------|
| 28 | Shomen Uchi | Kote gaeshi |
| 29 | Ryote Dori | Shiho nague omote y ura |
| 30 | Katate Dori | Ikkyo Omote y Ura |

1° KYU



Tachi waza

- | | | |
|----|------------------------------|--------------------------|
| 1 | Ushiro Eri Dori | Ikkyo omote |
| 2 | Ushiro Eri Dori | Shiho Nage |
| 3 | Jodan Tsuki | Ikkyo omote |
| 4 | Jodan Tsuki | Nikyo ura |
| 5 | Jodan Tsuki | Sankyo ura en hombro |
| 6 | Jodan Tsuki | Irimi nague |
| 7 | Jodan Tsuki | Soto y Uchi kaiten nague |
| 8 | Chudan Tsuki | Kote Gaeshi |
| 9 | Chudan Tsuki | Soto y Uchi kaiten nague |
| 10 | Shomen Uchi | Gokyo |
| 11 | Muna Dori | Shijo Nague |
| 12 | Ushiro Katate Dori Kubishime | Shijo Nage |
| 13 | Ushiro Katate Dori Kubishime | Koshi Nague |
| 14 | Katate Ryote Dori | Juji Garami |
| 15 | Yiyu waza | Sólo Kokyu nague |

Suwari waza

- | | | |
|----|--------------|------------------|
| 16 | Shomen Uchi | de Ikkyo a Gokyo |
| 17 | Shomen Uchi | Kote Gaeshi |
| 18 | Shomen Uchi | irimi Nague |
| 19 | Yokomen Uchi | de Ikkyo a Gokyo |
| 20 | Yokomen Uchi | Kote Gaeshi |
| 21 | Yokomen Uchi | Irimi Nague |

Hanmi Hantachi Waza

- | | | |
|----|-------------|-------------------------|
| 22 | Katate Dori | Nikyo ura |
| 23 | Katate Dori | Kote Gaeshi |
| 24 | Katate Dori | Shijo Nague Omote y Ura |
| 25 | Shomen Uchi | Ikkyo omote y ura |
| 26 | Shomen Uchi | Nikyo ura |