



## 1° Kyu Para Shodan

### Zenkutzu Dashi Gedan Barai

- Senchin...: Sambón Tsuki (mawate)
- Senchin...: Yako tsuki
- Conchin...: Ague uke, maegueri, ushiro asi
- Senchin...: Soto uke, cambia kidadashi, Yoko Empi uchi, cambia zenkutzu Dashi, uraken uchi, yako tsuki
- Conchin...: Kokutsu dashi, Shuto uke, Zenkutzu dashi, Yako nukite  
Senchin...: Zenkutzu dashi, uchi uke, kisami Tsuki, yako tsuki

(Mawate) Yoi

### Zenkutzu Dashi kamae

- Senchin...: Mae gueri, avanza, Mawasi gueri
- Senchin...: misma pierna, Mawasi geri, Yoko gueri

### Kidadashi Kamae

- Senchin...: Kakedashi, Yoko keague, avanza, Yoko kekomi

(Mawate, onei waza)

### Zenkutzu Dashi Kamae

- Senchin...: Avanzando: Mawasi gueri, Yako tsuki, Kamae
- Senchin...: Avanzando: Ushiro gueri, Yako tsuki, kamae
- Senchin...: Soto shuto uchi
- Conchin...: Uraken uchi. (mawate) Yoi.

Kata: Tekki Shodan, Basai Dai, Jion, Empi, Kanku Dai

Kumite: Libre