



Programa de Examen Shodan / Nidan (1º DAN y 2º DAN) ACAL

• SUWARI WAZA

- Katadori Ikkyo → Yonkyo
- Shomenuchi Ikkyo → Yonkyo
- Shomenuchi Iriminage
- Shomenuchi Kotegaeshi
- Yokomenuchi Ikkyo → Yonkyo
- ChudanTsuki Kotegaeshi
- Ryotedori Kokyuho

• HAMMI HANDACHI WAZA

- Katatedori Shihonage
- Katatedori kaiten-nage
- Katatedori Ikkyo
- Ryotedori shiho-nage
- Yokomenuchi Shihonage
- Yokomenuchi Kotegaeshi
- Ushiro Ryokatadori Kokyunage

• TACHI WAZA

- Shomenuchi Ikkyo → Gokyo
- Shomenuchi Iriminage
- Shomenuchi Kotegaeshi
- Shomenuchi Kaitennage
- Shomenuchi Shihonage
- Yokomenuchi Shihonage
- Yokomenuchi Iriminage
- Yokomenuchi Kotegaeshi
- Yokomenuchi Kokyunage
- Yokomenuchi Ikkyo → Gokyo
- ChudanTsuki Ikkyo → Yonkyo
- ChudanTsuki Iriminage
- ChudanTsuki Kotegaeshi
- Katatedori Ikkyo → Yonkyo
- Katatedori Iriminage
- Katatedori Kaitenage
- Katatedori Tenchinage
- Katatedori Shihonage
- Katatedori Kotegaeshi
- Katatedori Sumi Otoshi
- Katatedori Kokyuho
- Katatedori Kokyunage
- Ryotedori Iriminage
- Ryotedori Ikkyo → Yonkyo

- Ryotedori Tenchinage
- Ryotedori Shihonage
- Ryotedori Kokyunage
- Ryotedori Kotegaeshi
- Ryotedori Koshinage
- Katadori Menuchi Shihonage
- Katadori Menuchi Kokyunage
- Katadori Menuchi Kotegaeshi
- Katadori Menuchi Ikkyo → Yonkyo
- Morotedori Ikkyo → Yonkyo
- Morotedori Kotegaeshi
- Morotedori Kokyunage
- Morotedori Iriminage
- Morotedori Kokyuho
- Morotedori JujiGarami

• USHIRO WAZA

- Ryotedori Ikkyo → Yonkyo
- Ryotedori Iriminage
- Ryotedori Kokyunage
- Ryotedori Kotegaeshi
- RyoHijidori Sankyo
- RyoHijidori Iriminage
- RyoHijidori Kokyunage
- Ryokatadori Kokyunage
- Ryokatadori Kokyuho

• TANTO DORI

- Chudan Tsuki Jiyuwaza
- Shomenuchi Jiyuwaza

• JO DORI / JO NAGE

- Chudan Tsuki Jiyuwaza
- Shomenuchi Jiyuwaza

• NININ GAKE / FUTARI GAKE

- Jiyuwaza