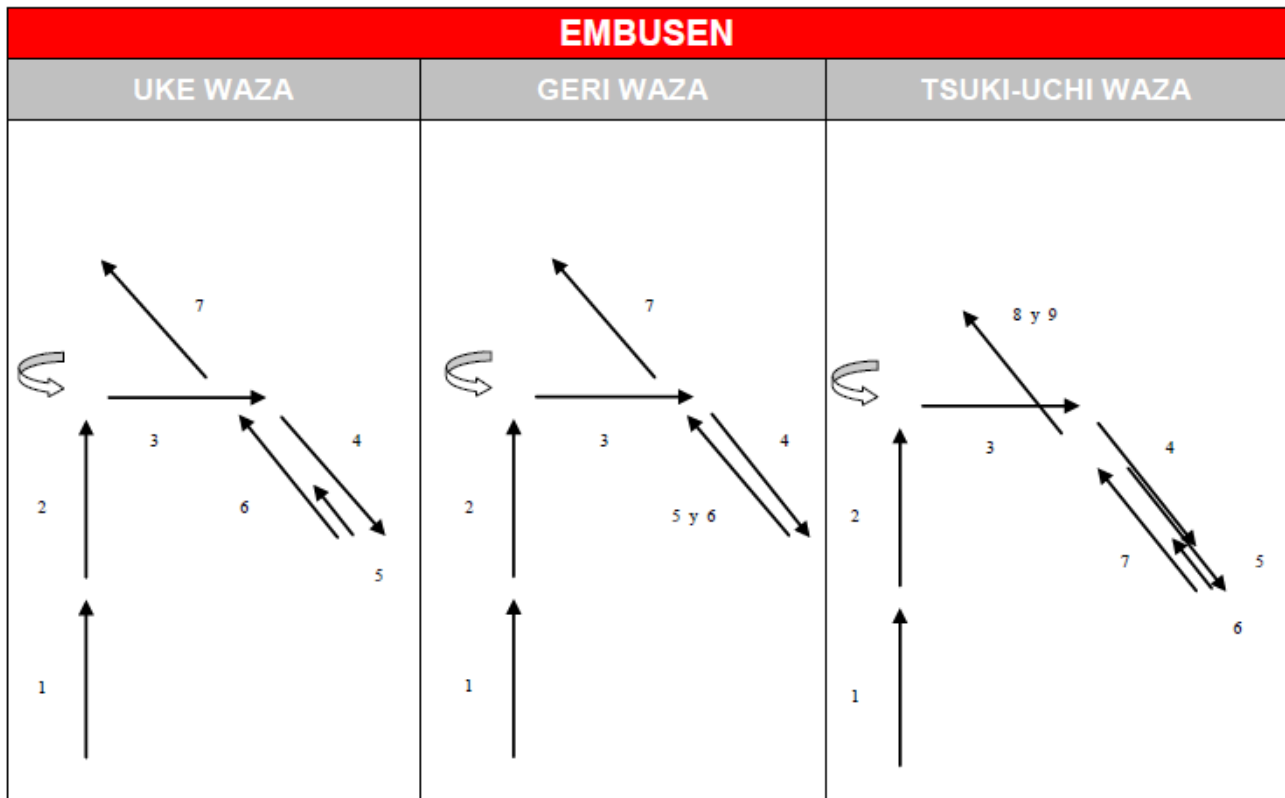


Examen 1^o Dan RFEK



UKE WAZA

- 1- Gedan barai (p.izda.) Zk
- 2- Morote uke (b.dcho.) Zk
- 3- (giro por detrás 270°) Uchi uke (b.izdo.) Zk
- 4- Otoshi uke (diagonal) (b.dcho.) 45° Kb
- 5- Mawate + Tate shuto (b.izdo.) Nk
- 6- Age uke (b.izdo.) Zk
- 7- Shuto uke (con suri ashi) (b.izdo.) Kk KIAI

GERI WAZA

- 1- Gedan barai (p.izda.) + kamae
- 2- Mae geri (p.dcha)
- 3- (giro por detrás 270°) Mawashi geri (con suri ashi) (p.izda.)
- 4- Yoko geri (p.dcha.) Kb
- 5- Mawate + Shuto barai (b.izdo.) Nk + Fumikomi geri (p.izda.)
- 6- Hiza geri (p.dcha) (cayendo atrás)
- 7- Mae tobi geri (p.izda.) KIAI

TSUKI – UCHI WAZA

- 1- Gedan barai (p.izda.) Zk
- 2- Oi Tsuki (b.dcho.) Zk
- 3- (giro por detrás 270°) Tetsui uchi (b.izdo.) Kb
- 4- Uraken (diagonal) (b.dcho.) 45° Kb
- 5- (con suri ashi) Kage Tsuki (b.izdo.) Kb
- 6- Mawate + Nukite (b.dcho.) Nk
- 7- Teisho Tsuki (b.izdo.) Kk
- 8- (con suri ashi y cadera en gyako hanmi)
- 9- Gyako mawashi empi (b.dcho.) Zk
- 10-(con cambio de cadera a hanmi y sin desplazar)
- 11-Haito uchi (b.izdo.) Zk KIAI

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