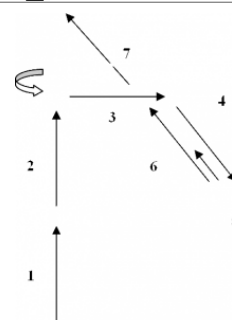


Examen 2^o Dan – I

Ejemplo de Examen 2º Dan – Ejemplo I

TSUKI WAZA

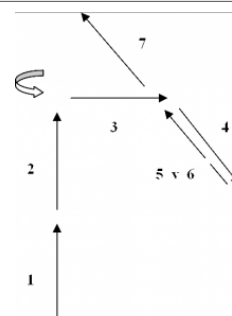
1. Gedan barai (p.izda.) zk
2. Oi tsuki (b.dcho.) zk
3. (giro por detrás 270º) Uchi uke (b.izdo.) zk + gyako tsuki (b.dcho.) zk
4. Kage tsuki (diagonal) (b.izdo.) 45º kb
5. Mawate + Nagashi uke (b.dcho.) kb + teisho (b.izdo.) nk
6. Yama tsuki (p.izda.) fd
7. (suri ashi) Shuto uke (b.izdo.) kk + Nukite (b.dcho.) zk (sin desplazar) KIAI



EMBUSEN

UCHI WAZA

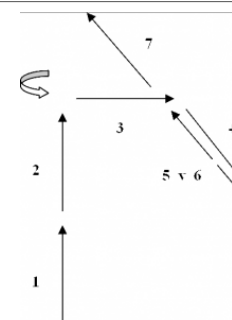
1. Gedan barai (p.izda.) zk
2. Haito uchi (b.dcho.) zk
3. (giro por detrás 270º) Uchi uke (b.izdo.) zk + gyako uchi uke (con cambio cadera a gyako hanmi) (b.dcho.) zk + Uraken (con cambio cadera a hanmi) (b.izdo.) fd
4. Tetsui uchi (diagonal) (b.dcho.) 45º kb
5. Mawate + Nagashi uke (b.dcho.) kb + mawashi empi (b.izdo.) nk
6. Jodan shuto uke (b.izdo.) + Shuto uchi (b.dcho.) (a la vez) zk
7. (suri ashi) Shuto uke (b.izdo.) kk + Mawashi tsuki (b.dcho.) zk (sin desplazar) KIAI



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GERI WAZA

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



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RENZOKU WAZA SHODAN

1. Shuto uke (atrás 45º b.izdo.) kk
2. Haito uchi (sin desplazar) (b.dcho.) zk
3. Hiza geri (p.dcha.) KIAI



RENZOKU WAZA NIDAN

1. Otoshi uke (45º b.dcho.) kb
2. Kage tsuki (con yori ashi b.izdo.) kb
3. (cambio de guardia p.dcha. atrás) + barrido (p.izda.)
4. (rodilla dcha. al suelo) Gedan gyako tsuki (b.dcho.) KIAI



Yakusoku Kumite

