



Club Judo Santa Coloma

EXAMEN GRADOS

EXAMEN AMARILLO 5° KYU (SENIOR)

FECHA:

NOMBRE Y APELLIDOS:

EDAD:

Nº LICENCIA:

KIHON

☐ Colocar Obi

☐ Dojo

☐ Shizen-tai

☐ Sensei

☐ Tatami

☐ Jigo-tai

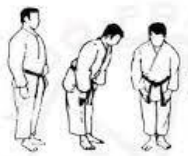
☐ Judogui

☐ Obi

☐ Kumikata

REI

☐ Ritsu-rei

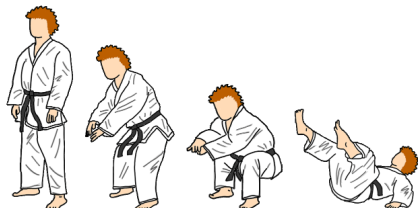


☐ Za-rei



UKEMI

☐ Ushiro ukemi



☐ Yoko ukemi



☐ Mae ukemi



☐ Mae mawari ukemi





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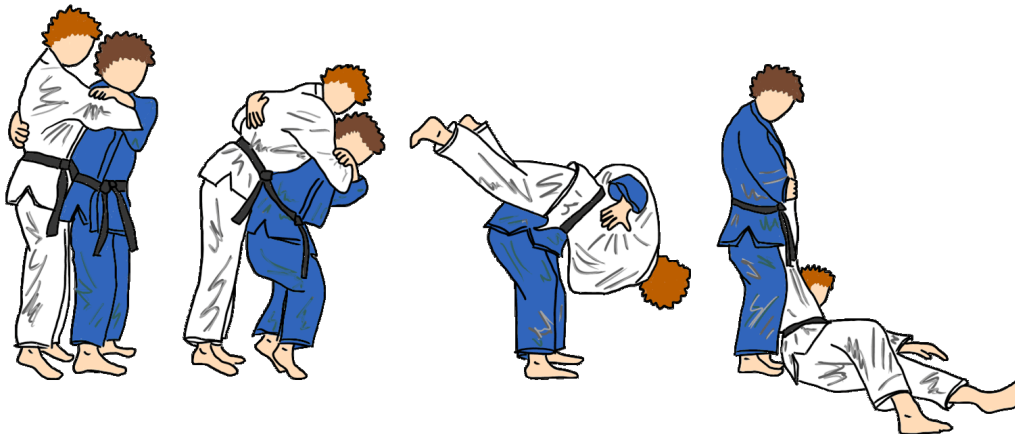
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TACHI WAZA

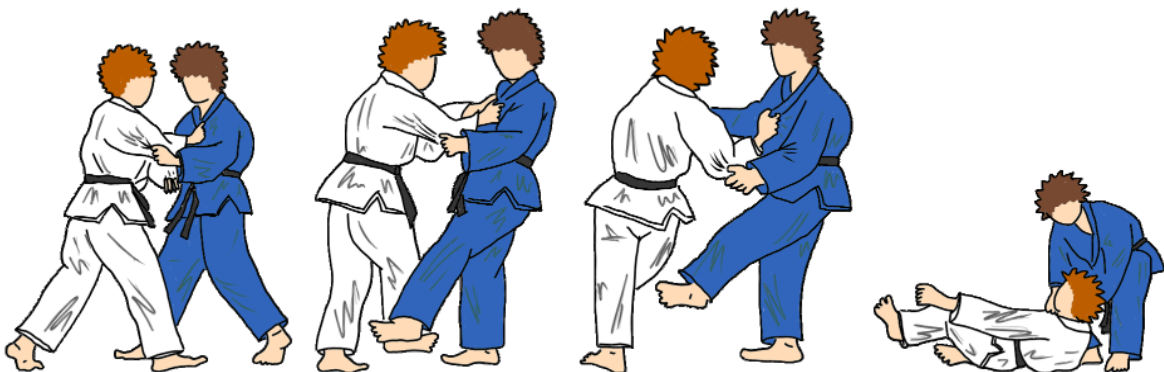
☐ Ippon Seoi Nage



☐ O Goshi



☐ De Ashi Barai

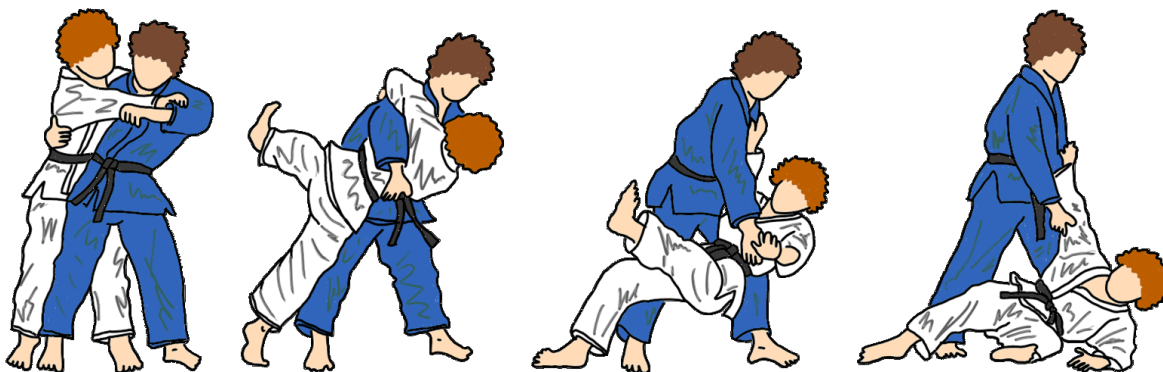




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☐ Uki Goshi



☐ O Soto Gari





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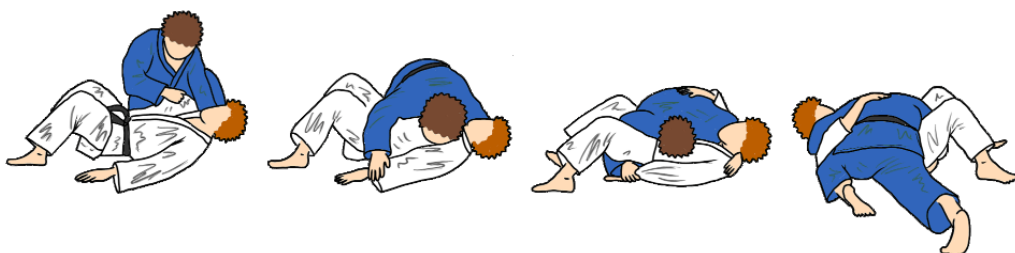
EXAMEN GRADOS

NE WAZA

☐ Vuelco a cuádrupedia

☐ Vuelco boca abajo

☐ Yoko Shiho Gatame



☐ Tate Shiho Gatame



☐ Kami Shiho Gatame



☐ Hon Kesa Gatame

