



Club Judo Santa Coloma

EXAMEN GRADOS

EXAMEN AZUL 2º KYU (SENIOR)

FECHA:

NOMBRE Y APELLIDOS:

EDAD:

Nº LICENCIA:

KIHON

- Kakari Gueyko
- Uchi Komi
- Nage Komi

TACHI WAZA

- Tsuru Komi Goshi



- Harai Goshi





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- Koshi Guruma



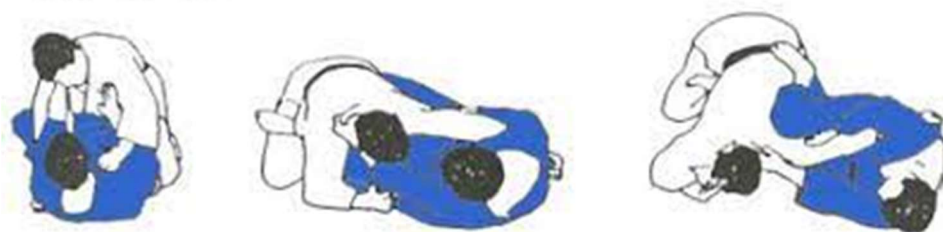
- Hane Goshi



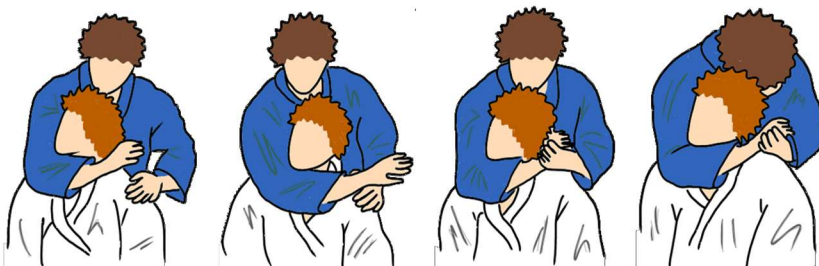
NE WAZA

- Salidas luxación

- Hiza Gatame



- Hadaka Jime

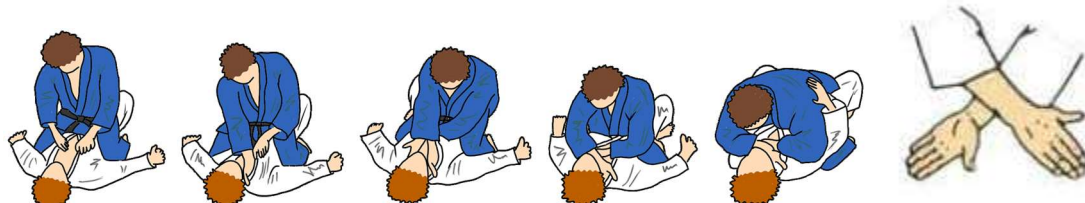




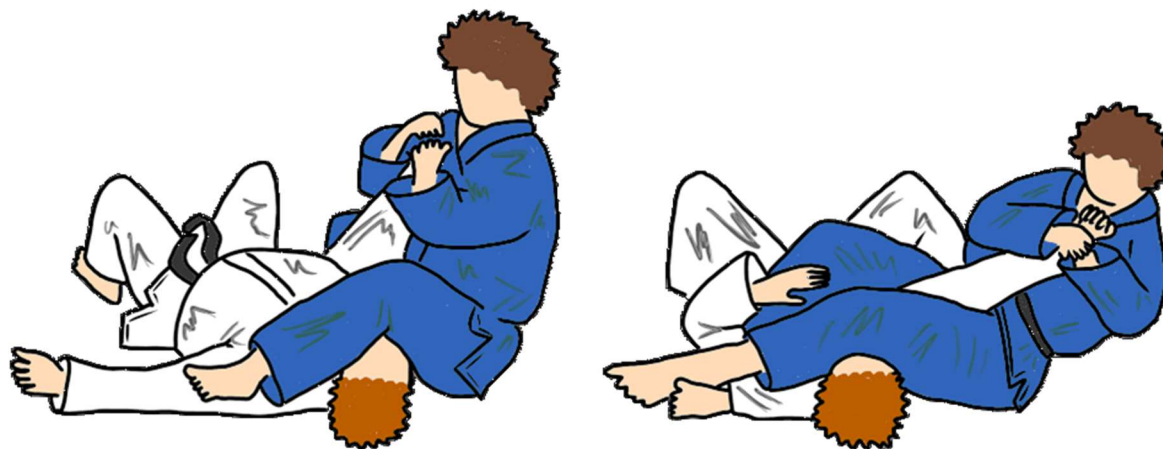
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- Kata Juji Jime



- Juji Gatame





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NAGE NO KATA

- Koshi Waza

