



Club Judo Santa Coloma

EXAMEN GRADOS

EXAMEN BLANCO/AMARILLO (INFANTIL)

FECHA:

NOMBRE Y APELLIDOS:

EDAD:

Nº LICENCIA:

KIHON

☐ Colocar Obi

☐ Sensei

☐ Judogui

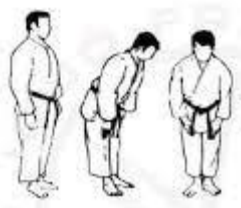
☐ Dojo

☐ Tatami

☐ Obi

REI

☐ Ritsu-rei

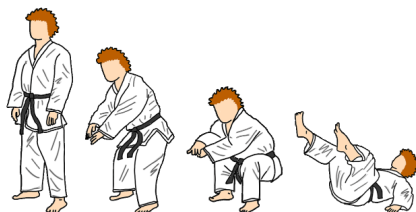


☐ Za-rei



UKEMI

☐ Ushiro ukemi



☐ Yoko ukemi



☐ Mae ukemi



☐ Mae mawari ukemi





Club Judo Santa Coloma

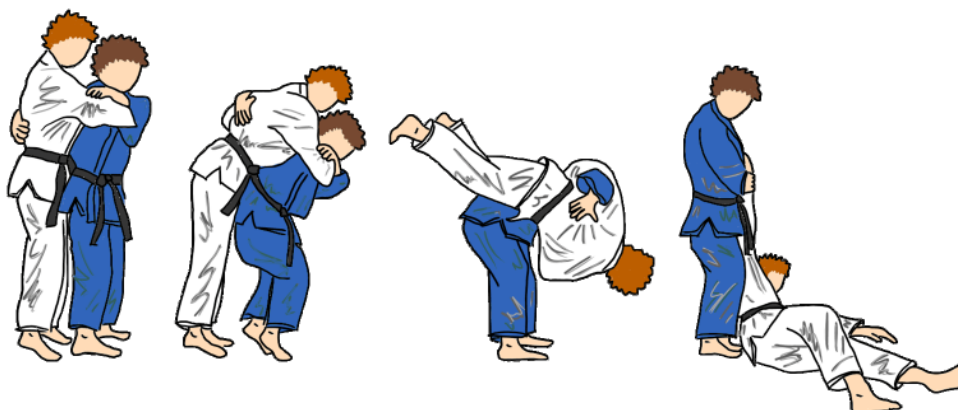
EXAMEN GRADOS

TACHI WAZA

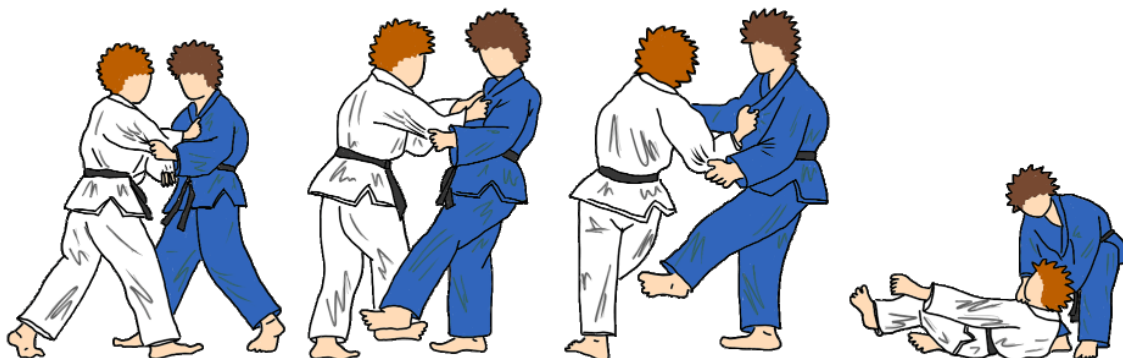
☐ Ippon Seoi Nage



☐ O Goshi



☐ De Ashi Barai





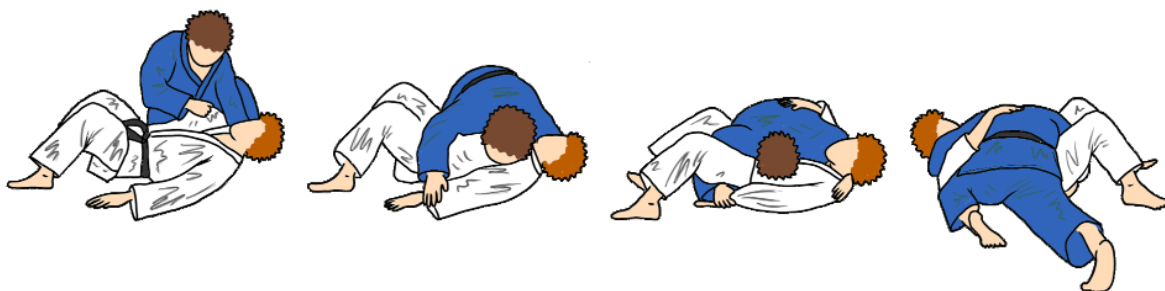
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NE WAZA

☐ Vuelco a cuadrupedia

☐ Yoko Shiho Gatame



☐ Tate Shiho Gatame

