



Club Judo Santa Coloma

EXAMEN GRADOS

EXAMEN AZUL/MARRÓN (INFANTIL)

FECHA:

NOMBRE Y APELLIDOS:

EDAD:

Nº LICENCIA:

KIHON

Randori

Shiai

TACHI WAZA

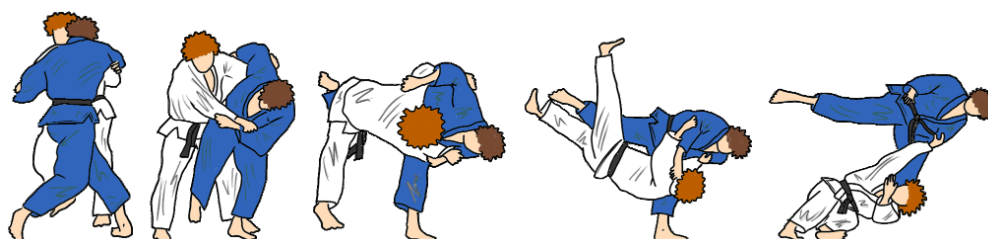
Kata Guruma



Ushiro Goshi



Uchi Mata



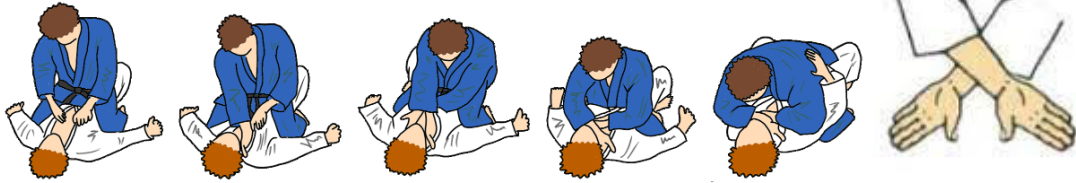


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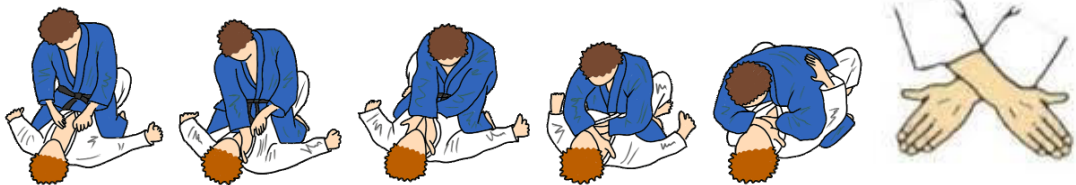
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NE WAZA

Gyaku Juji Jime



Nami Juji Jime



Ude Garami

