

PROGRAMA TECNICO CINTO NEGRO POR KYUS

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
5° KYU AMARILLO 3 MESES MINIMO	AI HANMI KATATE DORI	X				IRIMI NAGE	OMOTE URA
	" " " "	X				KOTE GAESHI	
	" " " "	X				IKKYO	OMOTE URA
	" " " "	X					
	" " " "	X				SHIHO NAGE	OMOTE URA
	" " " "	X					
	" " " "	X				UCHI KAITEN NAGE	
	" " " "	X					
	" " " "	X				UCHI KAITEN SANKYO	
	" " " "	X					
	" " " "	X				SANKYO	
	SHOMEN UCHI	X				IRIMI NAGE	
	" "	X				IKKYO	OMOTE URA
	" "	X				NIKYO	OMOTE URA
	" "	X				KOTE GAESHI	
	CHUDAN TSUKI	X				IRIMI NAGE	OMOTE URA
	" "	X				KOTE GAESHI	
	GYAKUHANMI KATATE DORI	X				SHIHO NAGE	OMOTE URA
	" "	X				TENCHI NAGE	
	" "	X				IKKYO	OMOTE URA
	" "	X				UDE KIME NAGE	OMOTE URA
	" "	X				KOKYU NAGE	
	KATA DORI	X				IKKYO	OMOTE URA
	SHOMEN UCHI		X			IKKYO	OMOTE URA
	KATA DORI		X			IKKYO	OMOTE URA



EJERCICIOS EDUCATIVOS

TSUGI ASHI
 AYUMI ASHI
 TAISABAKI
 SHIKKO
 TESABAKI
 UKEMI
 KAMAE
 MA AI
 AIHANMI
 GYAKUHANMI
 KOKYUHO

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
4° KYU NARANJA 4 MESES MINIMO	SHOMEN UCHI	X				SANKYO	OMOTE URA
	" "	X				UCHI KAITEN SANKYO	
	YOKOMEN UCHI	X				SHIHO NAGE	OMOTE URA
	" "	X				IRIMI NAGE	
	" "	X				TENCHI NAGE	
	" "	X				KOTE GAESHI	
	" "	X				UDE KIME NAGE	
	CHUDAN TSUKI	X				UDE KIME NAGE	
	" "	X				HIJI KIME OSAE	
	JODAN TSUKI	X				IKKYO	OMOTE URA
	RYOTE DORI	X				SHIHO NAGE	OMOTE URA
	" "	X				TENCHI NAGE	
	" "	X				UDE KIME NAGE	
	" "	X				IKKYO	OMOTE URA
	GYAKUHANMI	X				NIKYO	OMOTE URA
	SHOMEN UCHI		X			NIKYO	OMOTE URA
	RYOTEDORI		X			KOKYUHO	

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
3° KYU VERDE 5 MESES MINIMO	SHOMEN UCHI	X				YONKYO	OMOTE URA
	"	X				GOKYO	
	YOKOMEN UCHI	X				IKKYO	OMOTE URA
	CHUDAN TSUKI	X				UCHI KAITEN SANKYO	
	"	X				UCHI KAITEN NAGE	
	JODAN TSUKI	X				KOTEGAESHI	
	"	X				SHIHO NAGE	
	GYAKU HANMI	X				UCHI KAITEN NAGE	
	" "	X				SANKYO	OMOTE URA
	" "	X				YONKYO	OMOTE URA
	" "	X				IRIMI NAGE	
	KATATE RIOTEDORI (MOCHI)	X				IKKYO	OMOTE URA
	"	X				NIKYO	OMOTE URA
	"	X				KOTEGAESHI	
	RYOTEDORI	X				IRIMI NAGE	
	"	X				KOTEGAESHI	
	"	X				KOKYU NAGE	
	"					X HIJIKIMEOSAE	
	"					X KOTEGAESHI	
	"					X SHIHO NAGE	
	"					X Irimi NAGE	
	"					X IKKYO	OMOTE URA
	SOMEN UCHI		X			IRIMI NAGE	
"		X			KOTEGAESHI		
"		X			SANKYO	OMOTE URA	

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC 1	SUW 2	HAN 3	USH 4	TECNICAS	
						KIHON	WAZA
2° KYU AZUL 6 MESES MINIMO	SOMEN UCHI	X				JUJI WAZA	
	YOKOMEN UCHI	X				NIKYO	OMOTE URA
	" "	X				SANKYO	OMOTE URA
	" "	X				YONKYO	OMOTE URA
	" "	X				GOKYO	
	" "	X				KOSHI NAGE	
	MUNA DORI	X				IKKYO	OMOTE URA
	" "	X				SHIHO NAGE	
	" "	X				UCHI KAITEN SANKYO	
	KATADORI MENUCHI	X				IKKYO	
	" "	X				SHIHO NAGE	
	" "	X				IRIMI NAGE	
	" "	X				KOTEGAESHI	
	" "	X				KOSHI NAGE	
	JODAN TSUKI	X				NIKYO	OMOTE URA
	"	X				SANKYO	OMOTE URA
	MAE GERI	X				IRIMI NAGE	
	ERI DORI					X IKKYO	
	RYO KATA DORI					X IKKYO	
	" " "					X NIKYO	
	" " "					X SANKYO	
	" " "					X IRIMI NAGE	
	" " "					X KOTEGAESHI	
	RYO HIJI DORI					X KOTEGAESHI	
	" " "					X IRIMI NAGE	
	KATATE DORI KUBISHIME					X IKKYO	
	SOMEN UCHI			X		YONKYO	OMOTE URA
	" "			X		SOTO KAITEN NAGE	
	RYO KATA DORI			X		IKKYO	
	CHUDAN TSUKI			X		KOTEGAESHI	
	JODAN TSUKI			X		IKKYO	OMOTE URA

GRADOS TIEMPO	FORMAS DE ATAQUE	TAC	SUW	HAN	USH	TECNICAS	
		1	2	3	4	KIHON	WAZA
1º KYU MARRON 12 MESES MINIMO	YOKOMEN UCHI	X				JUJI WAZA	
	CHUDAN TSUKI	X				JUJI WAZA	
	MAE GERI	X				JUJI WAZA	
	MUNA DORI MENUCHI	X				IKKYO	OMOTE URA
	" " "	X				NIKYO	OMOTE URA
	" " "	X				KOSHI NAGE	
	JODAN TSUKI	X				YONKYO	OMOTE URA
	" "	X				IRIMI NAGE	
	" "	X				SOTO KAITEN NAGE	
	" "	X				USHIRO KIRI OTOSHI	
	RYOTEDORI					X YONKYO	OMOTE URA
	"					X AIKI OTOSHI	
	"					X KOKYU NAGE	
	"					X KOSHI NAGE	
	USHIRO KATATE DORI KUBISHIME					X NIKYO	
	" " " "					X SANKYO	
	" " " "					X HIJI KIME OSAE	
	ERI DORI					X IIRIMI NAGE	
	" "					X SANKYO	
	" "					IRIMI NAGE	
	KATATE DORI				X	SHIHO NAGE	
	" "				X	UCHI KAITEN NAGE	
	" "				X	IKKYO	OMOTE URA
	RYOTEDORI				X	SHIHO NAGE	
	SOMEN UCHI		X			JUJI WAZA	
	RYO KATA DORI		X			SANKYO	OMOTE URA
	" " "		X			YONKYO	OMOTE URA
	KATADORI MENUCHI		X			IRIMI NAGE	
	" "		X			KOTEGAESHI	
	" "		X			KOKYU NAGE	
	SOMEN UCHI	X				HIJI KIME OSAE	
	JODAN TSUKI	X				HIJI KIME OSAE	
	KATATE DORI	X				HIJI KIME OSAE	
	AI HANMI KATATE DORI	X				HIJI KIME OSAE	
	KATATE DORI	X				AIKI OTOSHI	
	JODAN TSUKI	X				AIKI OTOSHI	
	AI HANMI KATATE DORI	X				AIKI OTOSHI	
	KATATE DORI	X				SUMI OTOSHI	
	AI HANMI KATATE DORI	X				SUMI OTOSHI	
	SOMEN UCHI	X				SUMI OTOSHI	
SOMEN UCHI	X				AIKI NAGE		