

CERIMONIAL

- 1 SEIZA
- 2 ZAREI
- 3 O'SENSEI
- 4 DOJO
- 5 SENSEI
- 6 KIRITSU
- 7 YOI
- 8 KIAI
- 9 RITSUREI
- 10 SEMPAI

DACHI-WAZA

- 11 HEISOKU-DACHI
- 12 HEIKO - DACHI
- 13 MUSUBI - DACHI
- 14 UCHI-HAJICHI - DACHI
- 15 MTO - DACHI
- 16 SHIKO - DACHI
- 17 SANCHIN - DACHI
- 18 NEKOASHI- DACHI
- 19 KIBA-DACHI
- 20 HAJICHI - DACHI

UKE-WAZA

- 21 MOROTE
- 22 JUJI
- 23 NAGASHI
- 24 GEDAN-BARAI
- 25 OTOSHI
- 26 SHUTO
- 27 SUKUI
- 28 JODAN AGE
- 29 UDE
- 30 HAISHU

UCHI-WAZA

- 31 TSUKI
- 32 GYAKU TSUKI
- 33 AGE TSUKI
- 34 NUKITE
- 35 URAKEN
- 36 TETTSUI
- 37 EMPI
- 38 HAITO
- 39 HAISHU
- 40 TEISHO
- 41 KIZAMI
- 42 URA TSUKI
- 43 MAWASHI TSUKI

GERI-WAZA

- 44 MAE GERI
- 45 YOKO GERI
- 46 MAWASHI GERI
- 47 NIDAN GERI
- 48 HIZA (HITSUI) GERI
- 49 USHIRO GERI
- 50 KAKATO GERI
- 51 USHIRO URA MAWASHI
- 52 MIKAZUKI GERI
- 53 NAMI ASHI
- 54 USHIRO-TOBI-GERI
- 55 MAE-TOBI-GERI
- 56 YOKO MORO ASHI TOBI
- 57 YOKO TOBI GERI
- 58 URA MAWASHI TOBI GERI

KUMITE

59 KUMI

60 TE

61 IPPON KUMITE

62 SAMBOM KUMITE

63 JU-IPPON KUMITE

64 SHIAI

65 GO HON KUMITE

66 AKA

KATAS

67 TAIKIOKU SHODAN

68 HEIAN

69 HEIAN SODAN

70 HEIAN YODAN

71 JITTE

72 GANKAKU

73 HANGETSU

74 TEKKI SANDAN

75 TAIKIOKU

76 BASSAI DAI

77 EMPI

TERMINOLOGIA

78 OSS

79 KYU

80 DAN

81 GI

82 BODHIDARMA

83 OKINAWA

84 GICHIN FUNAKOSHI

85 KENAI MABUNI

86 CHOJUN MIAGI

87 HIRONAI OTSUKA

88 GEDAN

EXAME GRADUADOS
1HORA - 25/02/2017

89	OMOTE	_____
90	HIDARI	_____
91	MIGI	_____
92	URA	_____
93	FNKP	_____
94	WKF	_____
95	EKF	_____
96	SHOTOKAN	_____
97	KAN	_____
98	SHOTO	_____
99	SEN-O-SEn	_____
100	GO-NO-SEn	_____