

EXAME PARA FAIXA CINZA



Nome: _____ Idade: _____ anos

01- VOCABULÁRIO

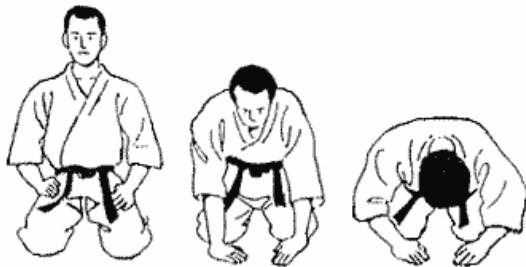
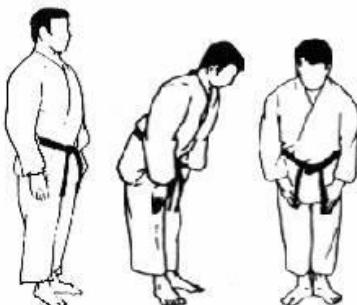
- SENSEI = PROFESSOR - JUDOGUI = ROUPA DE JUDO - DOJO = LOCAL DE TREINO - OBI = FAIXA

02 – NUMERAIS EM JAPONES

01 – ICHI (ITI)	02 – NI	03 – SAN	04 – SHI (XI)	05 - GO
06 – ROKU	07 – SHICHI (XITI)	08 – HACHI (RATI)	09 – KYU	10 – JU (DHU)

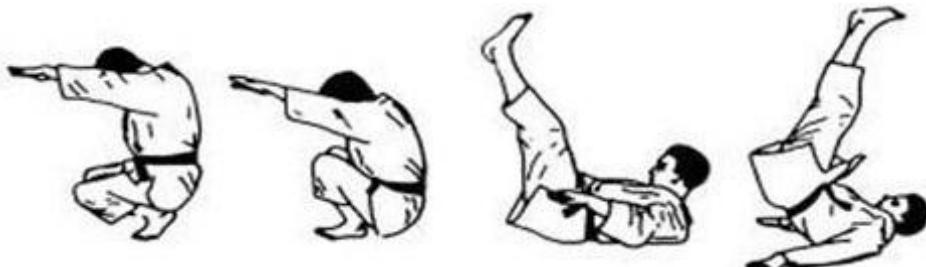
03 – CUMPRIMENTO

- CUMPRIMENTO EM PÉ (RITSU REI) - CUMPRIMENTO AJOELHADO (ZA REI)

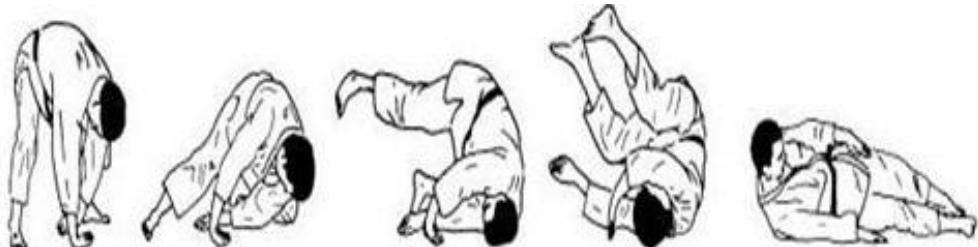


04 - AMORTECIMENTO DE QUEDAS

- USHIRO UKEMI

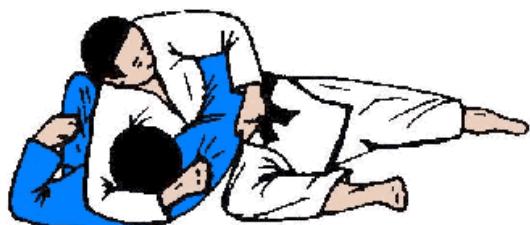


- ZEMPO KAITEM UKEMI



05 - IMOBILIZAÇÃO

- HON KESSA GATAME



- TATE SHIHO GATAME



06 - GOLPES



HARAI GOSHI



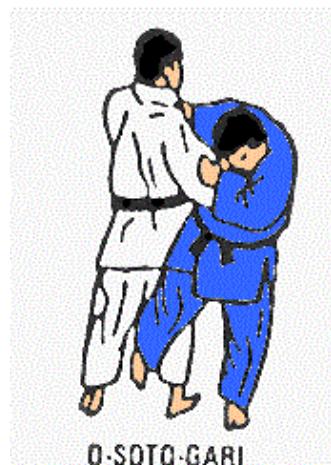
TAI OTOSHI



SEOI NAGE



O UCHI GARI



O SOTO GARI

07 - AMARRAR A FAIXA CORRETAMENTE

