



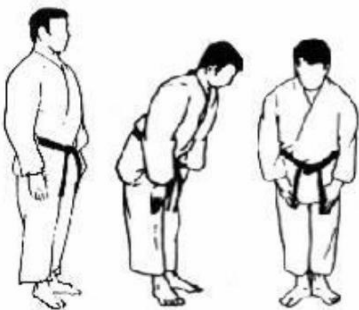
## EXAME PARA FAIXA VERDE

### 01- VOCABULÁRIO

- |                           |                          |                                           |
|---------------------------|--------------------------|-------------------------------------------|
| - SENSEI = PROFESSOR      | - OBI = FAIXA            | - ARIGATÔ = OBRIGADO                      |
| - JUDOGUI = ROUPA DE JUDO | - TATÊ = LEVANTAR        | - SOREMADE = TERMINAR                     |
| - DOJO = LOCAL DE TREINO  | - MATÊ = PARAR           | - SEMPai = ALUNO MAIS GRADUADO            |
| - SHIHAN = MESTRE         | - HAJIME = COMEÇAR       | - KOHAI = ALUNO MENOS GRADUADO            |
| - KYOTSUKE = ATENÇÃO      | - MOKUSSÔ = MEDITAÇÃO    | - KIAI = GRITO (MANIFESTAÇÃO DO ESPIRITO) |
| - KON NITI WA = BOA TARDE | - KON BAN WA = BOA NOITE | - OHAYÔ-GOZAIMASSU = BOM DIA              |

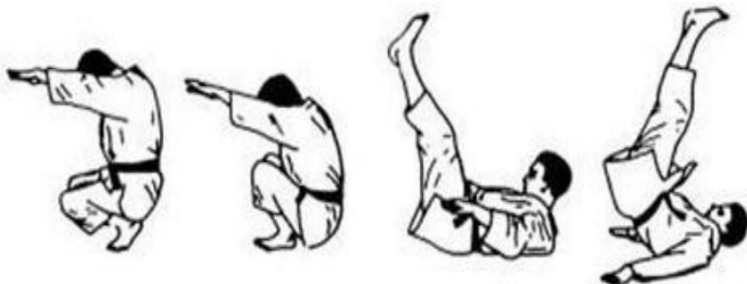
### 02- CUMPRIMENTO

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

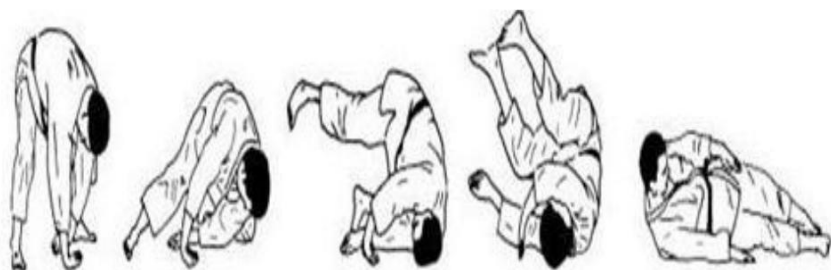


### 03- AMORTECIMENTO DE QUEDAS

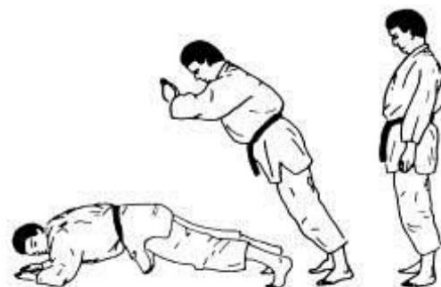
- |                |              |
|----------------|--------------|
| - USHIRO UKEMI | - YOKO UKEMI |
|----------------|--------------|



- ZEMPO KAITEM UKEMI



- MAE UKEMI

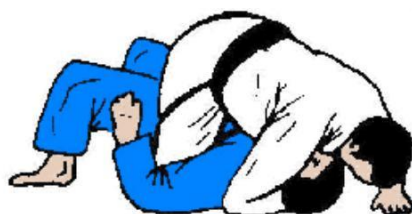


#### 04- IMOBILIZAÇÃO

- HON KESSA GATAME



- TATE SHIHO GATAME



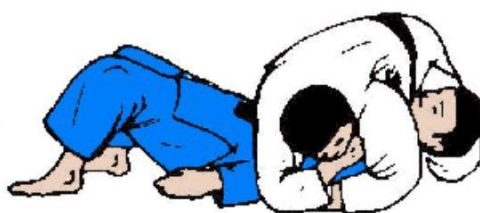
- KAMI SHIHO GATAME



- YOKO SHIHO GATAME



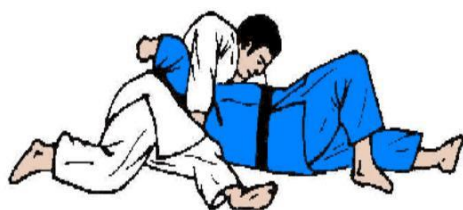
- KUZURE YOKO SHIHO GATAME



- KATÁ GATAME



- USHIRO KESSA GATAME



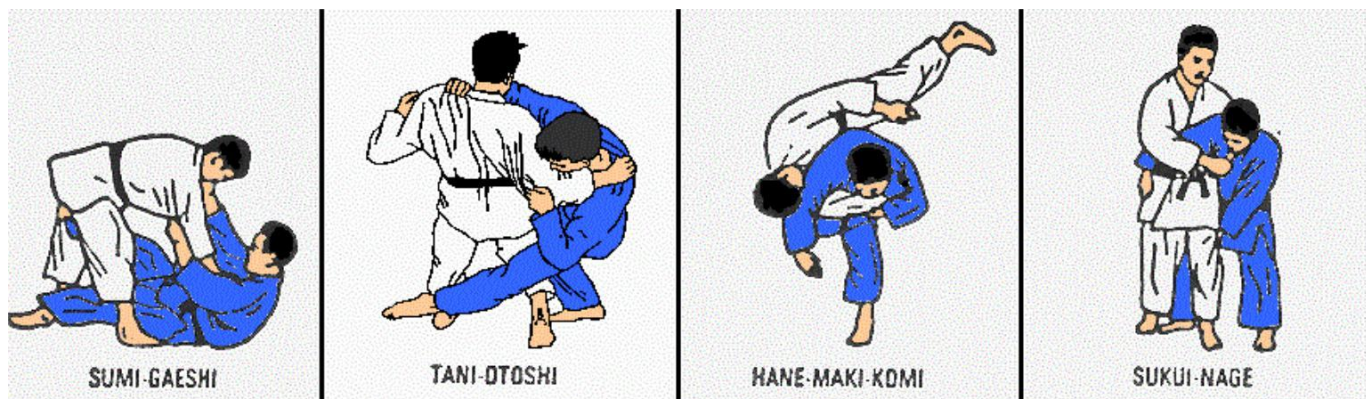
- KUZURE KESSA GATAME



- MAKURÁ KESSA GATAME



## 05- GOLPES – GO KYO (4º KYO)



**E ALGUNS GOLPES DAS FAIXAS AZUL, AMARELA E LARANJA**

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