

EXAME PARA FAIXA ROXA



01- OSSAEKOMI WAZA

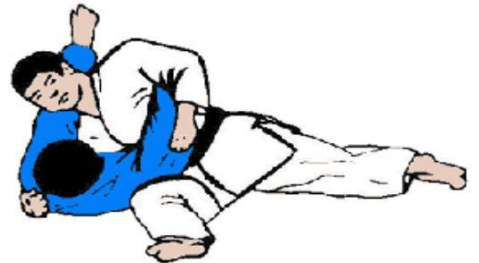
- HON KESSA GATAME



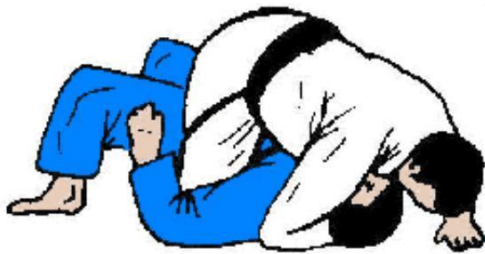
- KUSURE KAMI SHIHO GATAME



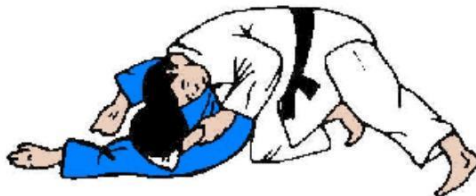
- KUSURE KESSA GATAME



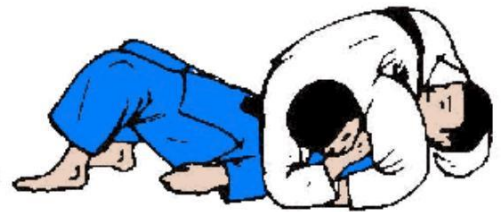
- TATE SHIHO GATAME



- KATA GATAME



- KUSURE YOKO SHIHO GATAME



- KAMI SHIHO GATAME



- USHIRO KESSA GATAME



- YOKO SHIHO GATAME

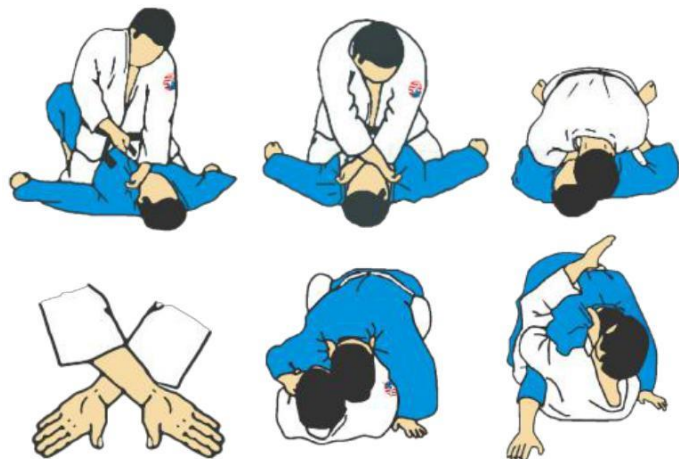


- MAKURÁ KESSA GATAME

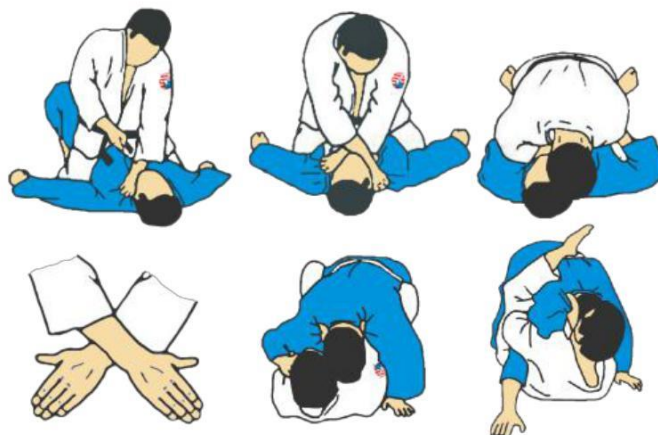


02- SHIME WAZA

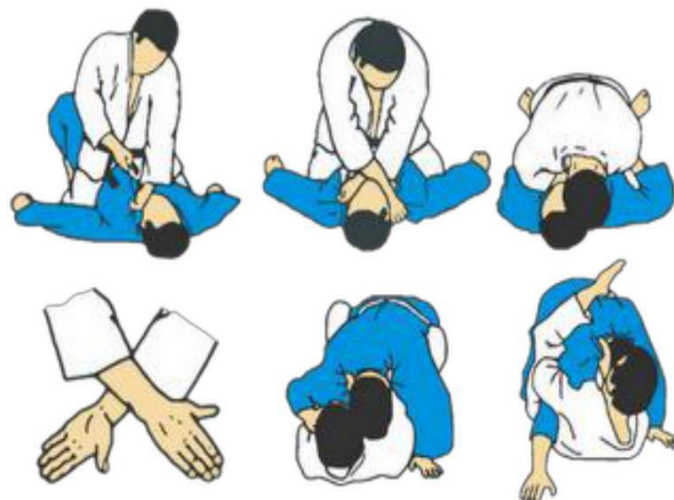
- GYAKU JUJI JIME



- NAMI JUJI JIME



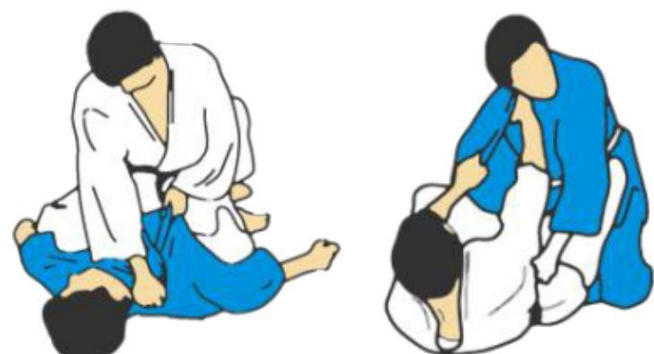
- KATA JUJI JIME



- OKURI ERI JIME



- TSUKOMI JIME



- JIGOKU JIME



- KATATE JIME



- KATAHA JIME



- SODE GURUMA JIME



- HADAKA JIME



- MAE SANKAKU JIME



- YOKO SANKAKU JIME



- USHIRO SANKAKU JIME



- RIOTE JIME



03- KANSETSU WAZA

- UDE GATAME



- JUJI GATAME



- WAKI GATAME



- UDE GARAMI



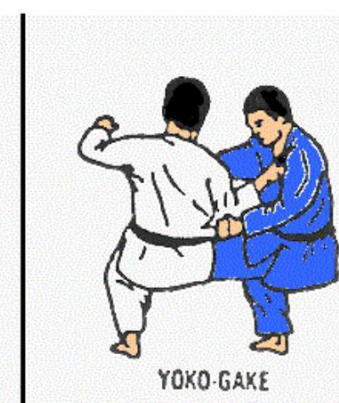
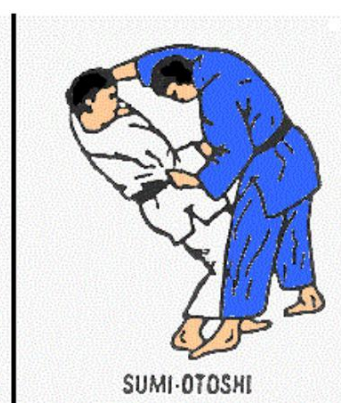
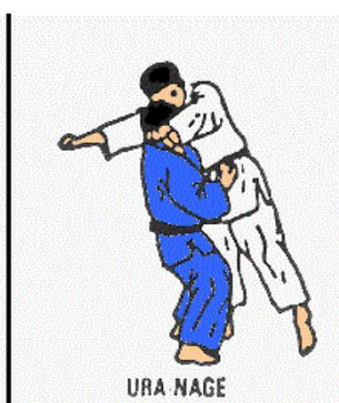
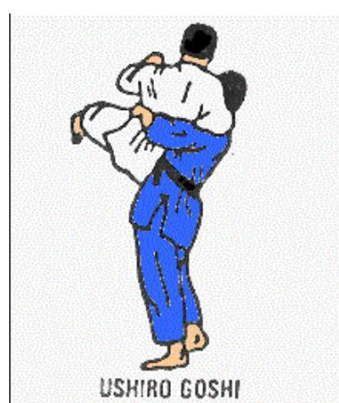
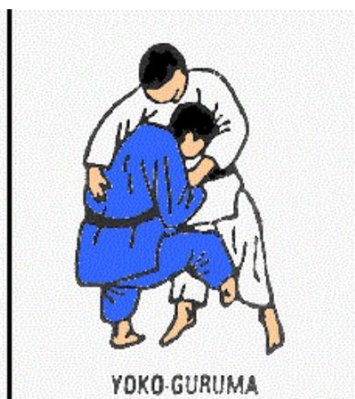
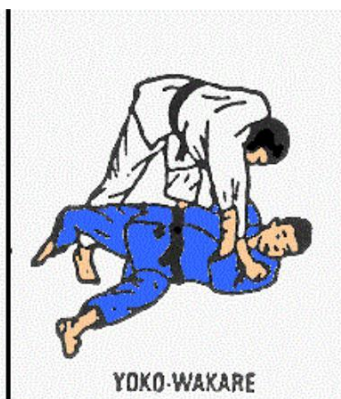
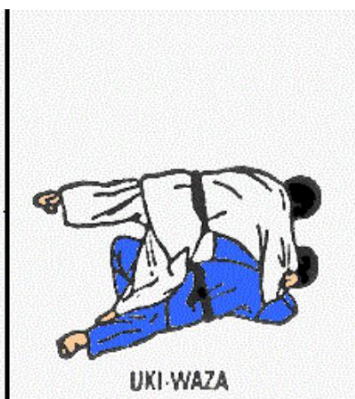
- HIZA GATAME



- HARA GATAME



- GO KYO (5º KYO)



E DEMONSTRAR GOLPES DAS FAIXAS ANTERIORES

04- RENRAKU RENKA WAZA (TÉCNICAS COMBINADAS)

DE ASHI BARAI	X	KIBISU GAESHI
DE ASHI BARAI	X	TANI OTOSHI
DE ASHI BARAI	X	KO SOTO GAKE
DE ASHI BARAI	X	O SOTO GARI
DE ASHI BARAI	X	SODE TSURIKOMI GOSHI
HARAI GOSHI	X	UCHI MATA
HARAI GOSHI	X	O SOTO GARI
HARAI GOSHI	X	HARAI MAKIKOMI
HARAI GOSHI	X	O UTCHI GARI
HIZA GURUMA	X	O SOTO GARI
HIZA GURUMA	X	KO SOTO GARI
IPPON SEOI NAGUE	X	SEOI OTOSHI
IPPON SEOI NAGUE	X	KOUCHI MAKIKOMI
IPPON SEOI NAGUE	X	KUTCHIKI TAOSHI
KO SOTO GARI	X	NIDAN KO SOTO GARI
KO SOTO GARI	X	TANI OTOSHI
KO UTCHI GARI	X	KIBISU GAESHI
KO UTCHI GARI	X	HARAI GOSHI
KO UTCHI GARI	X	MOROTE SEOI NAGUE
KO UTCHI GARI	X	O UTCHI GARI
KO UTCHI GARI	X	TAI OTOSHI
KO UTCHI GARI	X	UCHI MATA
KO UTCHI GARI	X	KUTCHIKI TAOSHI
KO UTCHI GARI	X	IPON SEOI NAGUE
KOSHI GURUMA	X	O UTCHI GARI
KOSHI GURUMA	X	SOTO MAKIKOMI
MOROTE SEOI NAGUE	X	KO UTCHI GARI
MOROTE SEOI NAGUE	X	SEOI OTOSHI
MOROTE SEOI NAGUE	X	KATA GURUMA
O SOTO GARI	X	O SOTO OTOSHI
O SOTO GARI	X	HARAI GOSHI
O SOTO GARI	X	O SOTO GURUMA
O UTCHI GARI	X	HARAI GOSHI
O UTCHI GARI	X	MOROTE SEOI NAGUE
O UTCHI GARI	X	TAI OTOSHI
O UTCHI GARI	X	KUTCHIKI TAOSHI
O UTCHI GARI	X	OSOTO GARI
O UTCHI GARI	X	KO UTCHI GARI
O UTCHI GARI	X	UCHI MATA
OKURI ASHI BARAI	X	O SOTO GARI
SASSAE TSURIKOMI ASHI	X	TAI OTOSHI
SASSAE TSURIKOMI ASHI	X	O SOTO GARI
SASSAE TSURIKOMI ASHI	X	TSURI KOMI GOSHI
SASSAE TSURIKOMI ASHI	X	DE ASHI BARAI
SODE TSURIKOMI GOSHI	X	HARAI GOSHI
TAI OTOSHI	X	KO UTCHI GARI
TSURIKOMI GOSHI	X	HARAI GOSHI
UCHI MATA	X	KO UTCHI GARI
UCHI MATA	X	TAI OTOSHI
UCHI MATA	X	KO SOTO GAKE
UKI GOSHI	X	HARAI GOSHI
UKI GOSHI	X	O GOSHI

05- KAESHI WAZA (TÉCNICAS DE CONTRA GOLPES)

DE ASHI BARAI	X	YOKO WAKARE
DE ASHI BARAI	X	TSUBAME GAESHI
DE ASHI BARAI	X	ASHI GURUMA
HANE GOSHI	X	USHIRO GOSHI
HARAI GOSHI	X	SUKUI NAGUE (TE GURUMA)
HARAI GOSHI	X	HARAI GOSHI GAESHI
HARAI GOSHI	X	KUTCHI TAOSHI
HARAI GOSHI	X	KO SOTO GAKE
HIZA GURUMA	X	HIZA GURUMA
HIZA GURUMA	X	KIBISU GAESHI
HIZA GURUMA	X	O UTCHI GARI
HIZA GURUMA	X	KUTCHI TAOSHI
KO SOTO GAKE	X	UCHI MATA
KO UTCHI GARI	X	KO UCHI GAESHI
KO UTCHI GARI	X	DE ASHI BARAI
KO UTCHI GARI	X	HIZA GURUMA
O GOSHI	X	TSURI GOSHI
O GOSHI	X	TANI OTOSHI
O SOTO GARI	X	O SOTO GAESHI
O SOTO GARI	X	USHIRO GOSHI
O SOTO GARI	X	HARAI GOSHI
O SOTO GARI	X	O SOTO OTOSHI
O SOTO GARI	X	SUKUI NAGUE (TE GURUMA)
O SOTO GARI	X	KO SOTO GAKE
O UTCHI GARI	X	O UCHI GAESHI
O UTCHI GARI	X	IPPON SEOI NAGUE
O UTCHI GARI	X	TOMOE NAGUE
OKURI ASHI BARAI	X	TSUBAME GAESHI
SASSAE TSURI KOMI ASHI	X	KO SOTO GAKE
TAI OTOSHI	X	KO SOTO GARI
UCHI MATA	X	SUKASHI NAGUE
UCHI MATA	X	TAI OTOSHI
UCHI MATA	X	SUKUI NAGUE (TE GURUMA)
URA NAGUE	X	KO UTCHI GARI

06- DEMOSNTRAÇÃO DE GESTOS DE ARBITRAGEM
