



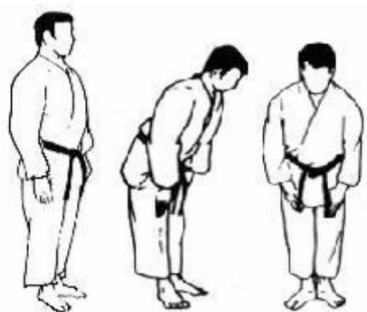
EXAME PARA FAIXA LARANJA

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 |

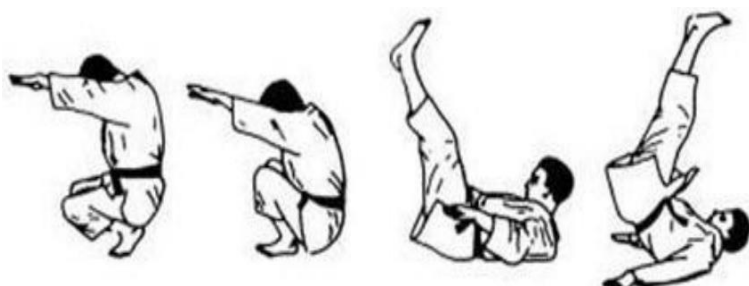
02- CUMPRIMENTO

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

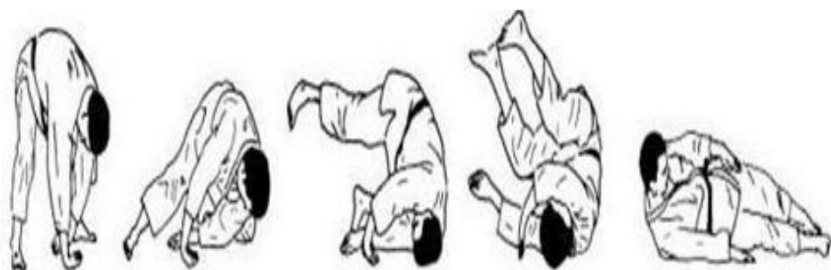


03- AMORTECIMENTO DE QUEDAS

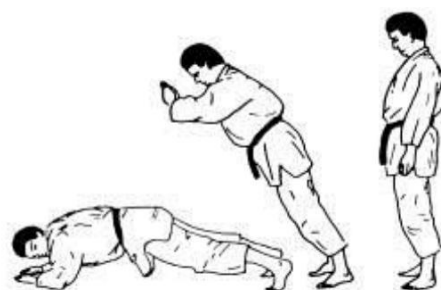
- | | |
|----------------|--------------|
| - USHIRO UKEMI | - YOKO UKEMI |
|----------------|--------------|



- ZEMPO KAITEM UKEMI



- MAE UKEMI



04- IMOBILIZAÇÃO

- HON KESSA GATAME



- TATE SHIHO GATAME



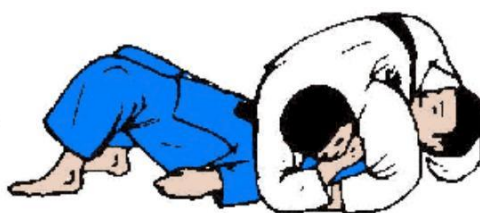
- KAMI SHIHO GATAME



- YOKO SHIHO GATAME



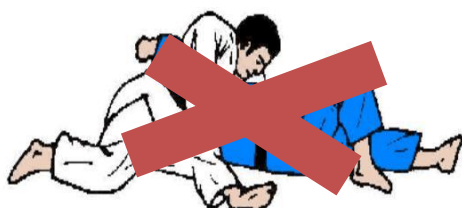
- KUZURE YOKO SHIHO GATAME



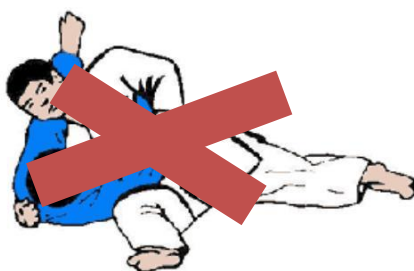
- KATÁ GATAME



- USHIRO KESSA GATAME



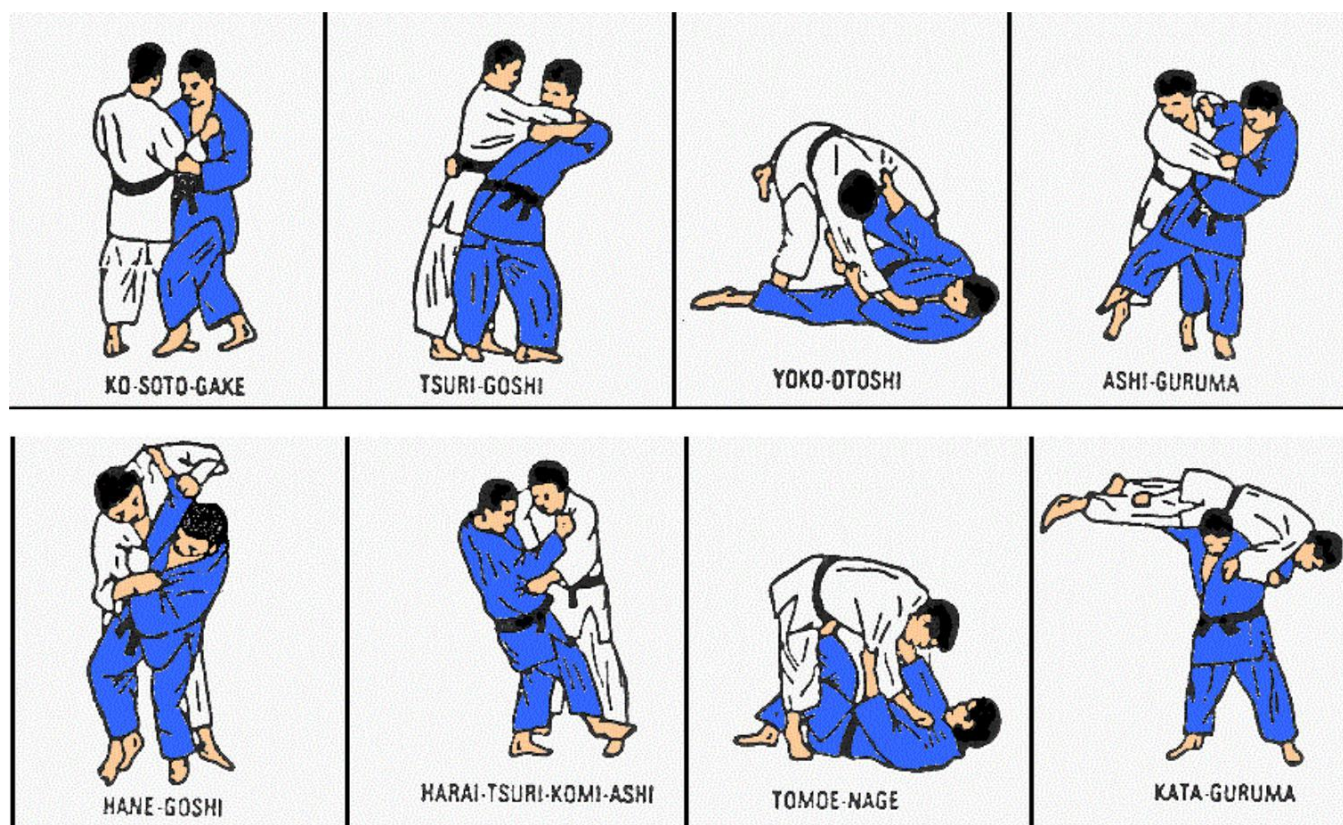
- KUZURE KESSA GATAME



- MAKURÁ KESSA GATAME



- GO KYO (3º KYO)



E MAIS ALGUNS GOLPES DAS FAIXAS AZUL E AMARELA