



## EXAME PARA FAIXA AMARELA

### 01- VOCABULÁRIO

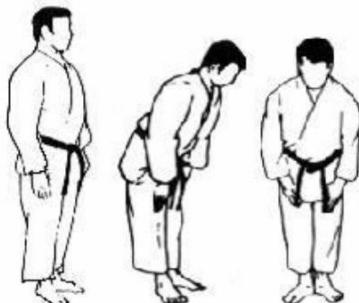
- SENSEI = PROFESSOR	- OBI = FAIXA	- ARIGATÔ = OBRIGADO
- JUDOGUI = ROUPA DE JUDO	- TATÊ = LEVANTAR	- SOREMADÊ = TERMINAR
- DOJO = LOCAL DE TREINO	- MATÊ = PARAR	- SEMPAI = ALUNO MAIS GRADUADO
- SHIHAN = MESTRE	- HAJIME = COMEÇAR	- KOHAI = ALUNO MENOS GRADUADO

### 02- CONTAGEM EM JAPONÊS

01 – ITI	02 – NI	03 – SAN	04 – SHI	05 – GO
06 – ROKU	07 – SHICHI	08 – HACHI	09 – KU	10 – JU
11 – JU ICHI	12 – JU NI	13 – JU SAN	14 – JU SHI	15 – JU GO
16 – JU ROKU	17 – JU SHICHI	18 – JU HACHI	19 – JU KU	20 – NI JU

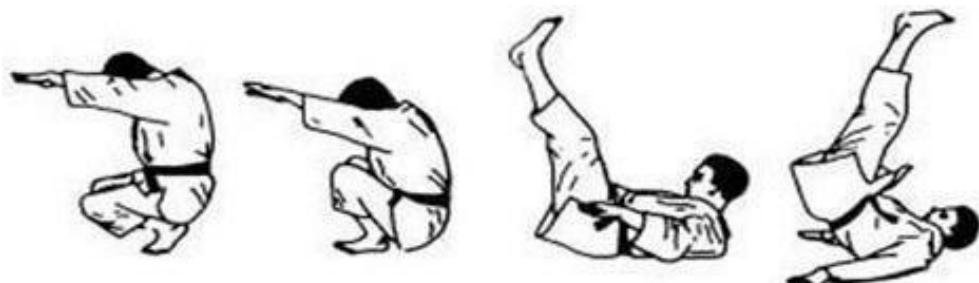
### 03- CUMPRIMENTO

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

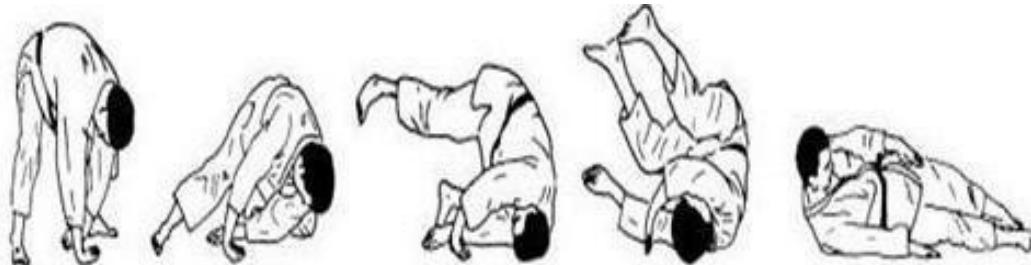


### 04- AMORTECIMENTO DE QUEDAS

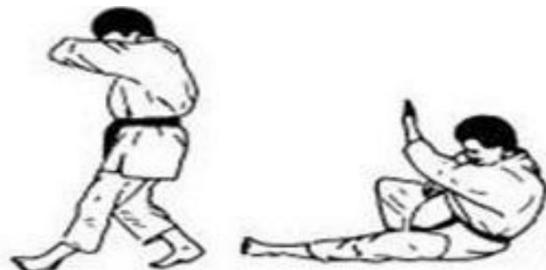
- USHIRO UKEMI



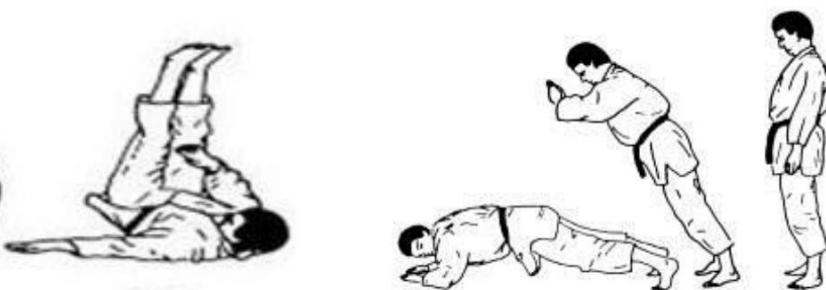
- ZEMPO KAITEM UKEMI



- YOKO UKEMI

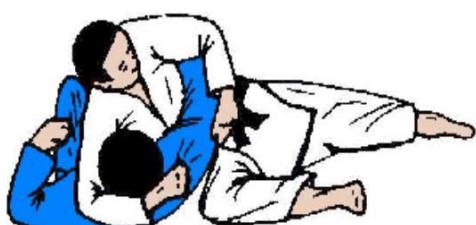


- MAE UKEMI



## 05- IMOBILIZAÇÃO

- HON KESSA GATAME



- TATE SHIHO GATAME



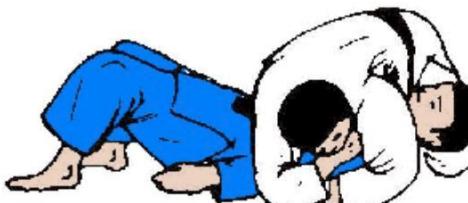
- KAMI SHIHO GATAME



- YOKO SHIHO GATAME



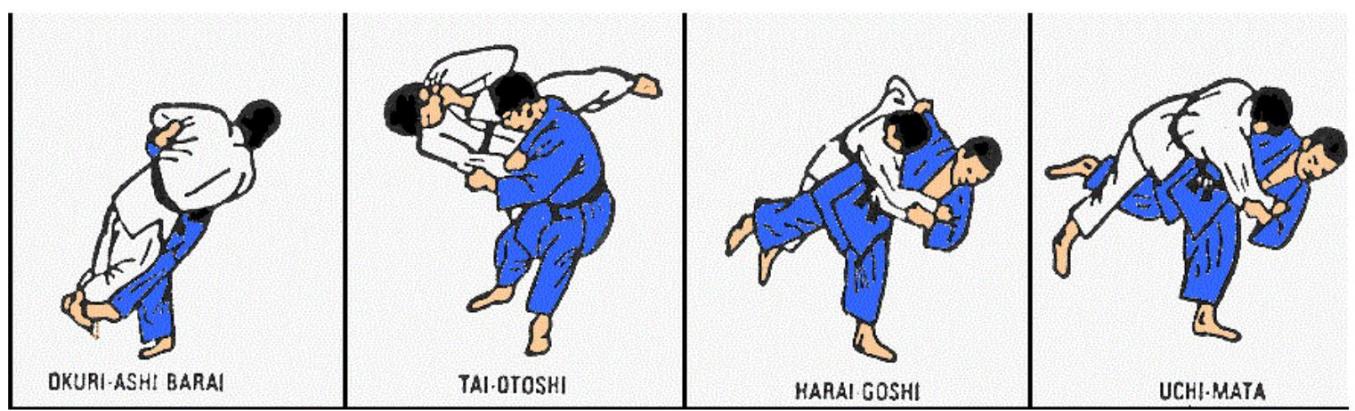
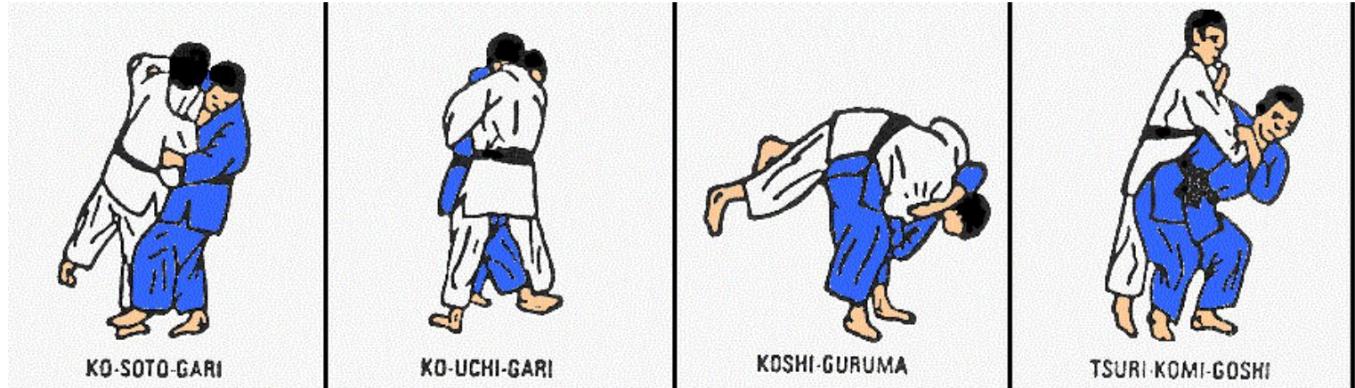
- KUZURE YOKO SHIHO GATAME



- KATÁ GATAME



## 06- GOLPES – GO KYO (2º KYO)



ALGUNS GOLPES DA FAIXA AZULL

