



**Exame de Graduação – Vertente Tradicional**

**De Cinto Castanho (2º kyu) para Cinto Castanho (1º kyu)**

<b>KIHON</b>	Kette Junzuki Kette Gyakuzuki Kette Junzuki No Tsukomi Kette Gyakuzuki No Tsukomi Nagashizuki Surikomi Mawashigeri Jodan Mawashigeri Jodan Ushirogeri Chudan Surikomi Sokuto Jodan
<b>RENRAKU WAZA</b>	Zenshinshite Jodan-Renzuki Chudan-Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan Surikomi Jodan-Renzuki Chudan-Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Uraken Jodan Zenshinshite Jodan-Renzuki Chudan-Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan
<b>SANBON KUMITE</b>	Jodan Uke Ipponme (1) Jodan Uke Nihonme (2) Jodan Uke Sanbonme (3) Maegeri Chudan Ipponme (1) Maegeri Chudan Yonhonme (4) Maegeri Chudan Gohonme (5) Chudan Soto Uke Chudan Uchi Uke
<b>OHYO KUMITE</b>	Gohonme (5) Ropponme (6) Nanahonme (7)
<b>KIHON KUMITE</b>	Ropponme (6) Nanahonme (7)
<b>KATA</b>	Seishan Chinto
<b>KUMITE</b>	Ji Yu Kumite