

## Muntatges Kihon

<b>UKE WAZA 39</b> <b>Tècniques defensives</b>	<b>TSUKIS WAZA 24</b> <b>Tècniques rectilínies</b>	<b>UCHIS WAZA 35</b> <b>Tècniques Circulars</b>	<b>KERI WAZA 22</b> <b>Tècniques de Peu</b>
<b>Groc</b>			
Age Uke Jodan	Seiken Oi Zuki	Uraken Yoko Uchi	Hiza Geri
Uchi Uke Chudan	Seiken Gyaku Zuki	Seiken Ago Uchi	Kin Geri
Gedan Barai	Kizami Zuki	Shuto yoko Ganmen Uchi	Mae Geri
Soto Uke	Tate Zuki	Shuto Sakotsu Uchi	Mawashi Uchi Keage
Shuto Uke Jodan	Morote Heiko Zuki	Shuto Hizo Uchi	Mawashi Soto Keage
Shuto Soto Uke		Shuto Sakotsu Uchi Komi	
Shuto Uke Gedan			
<b>Taronja</b>			
Tora Guchi	Morote Nukite Heiko Zuki	Uraken Sonmen Uchi	Sune Mawashi Geri Gedan
Osai Uke	Yohon Nukite	Uraken Sayu Uchi	
Morote Uchi uke	Nihon Nukite	Uraken Hizo Uchi	
Morote Osai uke	Ippon Nukite	Uraken Mawashi uchi	Mawashi Geri Jo ,Ch

Sune Uke Uchi	Morote Awaze Zuki	Tettsui Yoko Uchi (j,ch,g)	Kansetsu Geri
Sune Uke Soto		Shuto Yoko Uchi	Yoko Geri
Mawashi Gedan Barai		Age Hiji Ate ( Jo , Chu)	
Kake Uke			
Hiki Uke			
<b>Verd</b>			
Sotei Uke Jo,Chu,Ge	Ura Zuki	Sotei Uchi (Jo,Chu, Ge)	Ushiro Geri
Sotei Mawashi G.Barai	Kagi Zuki Jodan	Kumade Uchi	
Koken Jodan Uke	Kagi Zuki Chudan	Hiji Yoko Ate	Fumikomi Geri
Koken Yoko Uke	Ni Dan Zuki	Hiji Mawashi Ate (Jo y chu)	Ura Mawashi Geri
Hiji Yoko Uke	San Ren Zuki	Tettsui Oroshi Uchi	Ushiro Mawashi Geri
Shuto Uke Chudan	Sandan Zuki		
Shuto Mawashi Uke			
Haito Uchi Uke			

**Blau**

Ude Yoko Uke	Hiraken Zuki	Hiraken Oroshi Uchi	Mae Tobi Geri
Sukui Uke	Morote Hiraken Zuki	Haito Uchi ( j,ch,g )	Heisoku Uchi Keage
Morote Hiki Uke	Seiken Age Zuki Jodan	Mae Age Hiji Ate	Nidan Mae Tobi Geri
Morote Sukui Uke	Jun Zuki	Toho Uchi	Ushiro Tobi Geri
Morote Uchi uke Gedan B		Tettsui Hizo Uchi	Oroshi Kakato Geri (u,s)
Hiji Oroshi Uke		Keiko Uchi	
Morote Juji Uke Se.y Ha.			

**Marró**

Haishu Yoko Uke	Nakayubi Ipon Ken Zuki Jodan	Naka Yubi Ipon Ken Uchi	
Soto Nagashi Uke	Nakayubi Ipon Ken Zuki Chudan	Oyayubi Ippon Ken Uchi	Yoko Tobi Geri
Uchi Nagashi Uke	Ipon Ken Zuki Jodan	Koken Oroshi Uchi	Ushiro Mawashi Tobi G
Haishu Jodan Uke	Ipon Ken Zuki Chudan	Koken Yoko Uchi	
Morote Haishu Chudan Uke			

Morote Haishu Jodan Uke			
	<b>Alguns Renraku Waza:</b>		
	1	Gedan Barai - Gyaku zuki - Mae geri	
	2	Mae geri - Gedan barai - Gyaku zuki	
	3	Gyaku zuki -Mawashi geri-Sotei uke-Gyaku zuki	
	4	Uchi uke-Mae geri (adel)-Gyaku zuki-mawashi geri	
	5	Mawashi geri (adel)-Ushiro M.geri- Gedan barai-Gyaku zuki	
	6	Uraken - Gedan barai - Gyaku zuki- Mawashi geri	