

> 80 H CINTURÓN VERDE 3º- KYU GREEN BELT

SUWARI WAZA		TACHI WAZA	
KATA DORI	NIKYO	SHOMEN UCHI	YONKYO
	SANKYO		GOKYO
	UDEGARAMI		SHIHONAGE
SHOMEN UCHI	IRIMINAGE		KOSHINAGE
	KOKYUNAGE		KOKYUNAGE
HANMI HANTACHI WAZA			YOKOMEN UCHI
KATATE DORI	NIKKYO	NIKYO	
	SUMI OTOSHI	SHIHONAGE	
	KAITEN NAGE	UDEKIMENAGE	
RYOTE DORI	SHIHO NAGE	CHUDAN TSUKI	NIKYO
TACHI WAZA			UCHI KAITEN SANKYO
AI HAMMI KATATE DORI	UCHI KAITEN NAGE		IRIMINAGE
	SOTO KAITEN NAGE		KOTEGAESHI
	KOSHINAGE		KOKYUNAGE
KATA DORI	KOKYUHO	USHIRO WAZA	
KATATE DORI	SUMI OTOSHI	U. RYOTE DORI	IKKYO
	IRIMINAGE		NIKYO
	KOKYUNAGE		OTEGAESHI
RYOTE DORI	IKKYO		SHIHONAGE
	TENCHINAGE		KOSHINAGE
	USHIRO KIRI OTOSHI		KOKYUNAGE

CLUB DE AIKIDO (MARBELLA AIKIKAI)

Bajos del Estadio Municipal, Marbella 1 de enero de 2008