



**KIDS ORANGE BELT
(40 DAYS)**



TACHI WAZA

- 1. YOKO UKEMI**
- 2. KATATETORI AIHANMI IRIMINAGE**
- 3. KATATETORI AIHANMI KOTEGAESHI**
- 4. KATATETORI AIHANMI SHIHONAGE OMOTE**
- 5. SHOMEN UCHI IKKYO OMOTE**
- 6. SHOMEN UCHI NIKKYO OMOTE**
- 7. SHOMEN UCHI KOTEGAESHI**

SUWARI WAZA

- 8. SHOMEN UCHI IKKYO OMOTE + URA**
- 9. KATATETORI IKKYO OMOTE + URA**
- 10. RYOTETORY KOKYUHO**

JO KATA

- 11. JO 1 À/TO 13**

