

ODTÜ DOJO

4-3 Derece Sınavı Teknik Listesi

Suwari Waza

Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kote Gaeshi

Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo

Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage

Hanmi Handachi Waza

Gyakuhanmi Katate Dori

Ikkyo, Nikkyo

Tachi Waza

Aihanmi Katate Dori

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi,
Shiho Nage, Ude Kime Nage, Uchi Kaiten Nage,
Soto Kaiten Nage, Koshi Nage, Kokyu Nage**

Gyakuhanmi Katate Dori

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi,
Shiho Nage, Ude Kime Nage, Uchi Kaiten Nage,
Soto Kaiten Nage, Tenchi Nage, Kokyu Nage**

Shomen Uchi

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi,
Soto Kaiten Nage, Kokyu Nage**

Chudan Tsuki

**Ikkyo, Irimi Nage, Kote Gaeshi, Ude Kime Nage,
Hijikime Osae**

Ryote Dori

**Ikkyo, Irimi Nage, Kote Gaeshi, Tenchi Nage
Kokyu Nage**

Yokomen Uchi

**Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Shiho Nage,
Ude Kime Nage, Kokyu Nage**

Morote Dori

Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Kokyu Nage

Kata Dori

Ikkyo, Nikkyo

Ushiro Waza

Ryote Dori

**Ikkyo, Nikkyo, Hiji Kime Osae, Iriminage, Kaiten Nage
Kokyunage**

Tanto Dori

Chudan Tsuki

Ikkyo, Hijikime Osae
