

ODTÜ DOJO

6-5 Derece Sınavı Teknik Listesi

Suvari Waza

Aihanmi Katate Dori

Ikkyo(Omote-Ura), Iriminage

Shomen Uchi

Ikkyo(Omote-Ura)

Tachi Waza

Aihanmi Katate Dori

**Ikkyo(Omote-Ura), Nikkyo(Omote-Ura), Iriminage,
Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage**

Gyakuhanmi Katate Dori

**Ikkyo(Omote-Ura), Nikkyo(Omote-Ura), Iriminage,
Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage**

Shomen Uchi

**Ikkyo(Omote-Ura), Nikkyo(Omote-Ura), Irimi Nage,
Kote Gaeshi, Kokyu Nage**

Chudan Tsuki

Irimi Nage, Kote Gaeshi
