

# ODTÜ DOJO

## 7-6 Derece Sınavı Teknik Listesi

Mae Ukemi, Ushiro Ukemi, Rei, Shikko

*Tachi Waza*

Aihanmi Katate Dori

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

Shomen Uchi

Ikkyo(Omote-Ura), Irimi Nage, Kote Gaeshi

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