

合氣道



Técnicas de Exame
6° Kyu (Faixa Laranja)

1. Rei
2. Migi Chudan Kamae
3. Hidari Chudan Kamae
4. Tenkai
5. Tenkan
6. Tenkan Ho
7. Tsugi Ashi
8. Ayumi Ashi
9. Shikko
10. Ushiro Hanten Ukemi
11. Ushiro Kaiten Ukemi
12. Mae Kaiten Ukemi