

2 kyu (kék öv) gyakorlati vizsga anyaga

NAGE WAZA

1. Kata guruma
2. Hikoki nage
3. Hane goshi
4. Ashi guruma
5. Sasae tsurikomi ashi
6. Kosoto gake
7. Tani otoshi
8. Soto makikomi

NE WAZA

KANSETSU WAZA

1. Hiza gatame
2. Waki gatame
3. Ushiro waki gatame

SHIME WAZA

1. Nami juji jime
2. Gyaku juji jime
3. Kata juji jime

SANGAKU

1. Sangaku – Omote kansetsu waza
2. Sangaku – Ura shime waza
3. Sangaku – Yoko osae komi waza

RENRAKU WAZA

1. Osoto gari – Ouchi gari – Hon kesa gatame
2. Koshi guruma – Osoto otoshi – Hon kesa gatame

GO NO SEN NO WAZA

1. Hiza guruma – Hiza guruma
2. Kouchi gari – Deashi barai
3. Tai otoshi – Kosoto gake
4. Koshi guruma – Tani otoshi