



FEDERAÇÃO PAULISTA DE JUDÔ

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CNPJ nº62.348.875/0001-36 – SÃO PAULO – CEP 05002-062
ENTIDADE OFICIAL – FUNDADA EM 17 DE ABRIL DE 1958
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RENRAKU-RENKA-WAZA

1° A 5° DAN	
DE ASHI BARAI	SASSAE TSURIKOMI ASHI
DE ASHI BARAI	O SOTO GARI
DE ASHI BARAI	SODE TSURIKOMI GOSHI
HARAI GOSHI	UCHI MATA
HARAI GOSHI	O SOTO GARI
HARAI GOSHI	HARAI MAKIKOMI
IPPON SEOI NAGUE	SEOI OTOSHI
IPPON SEOI NAGUE	KOUCHI MAKIKOMI
IPPON SEOI NAGUE	KUTCHIKI TAOSHI
KO SOTO GARI	NIDAN KO SOTO GARI
KO SOTO GARI	TANI OTOSHI
KO UTCHI GARI	MOROTE SEOI NAGUE
KO UTCHI GARI	O UTCHI GARI
KO UTCHI GARI	UCHI MATA
KO UTCHI GARI	KUTCHIKI TAOSHI
KOSHI GURUMA	O UTCHI GARI
KOSHI GURUMA	SOTO MAKIKOMI
MOROTE SEOI NAGUE	KO UTCHI GARI
MOROTE SEOI NAGUE	KATA GURUMA
KOSHI GURUMA	TSURI GOSHI
O SOTO GARI	O SOTO OTOSHI
O SOTO GARI	HARAI GOSHI
O SOTO GARI	O SOTO GURUMA
O UTCHI GARI	TAI OTOSHI
O UTCHI GARI	KUTCHIKI TAOSHI
O UTCHI GARI	O SOTO GARI
O UTCHI GARI	KO UTCHI GARI
O UTCHI GARI	UCHI MATA
OKURI ASHI BARAI	O SOTO GARI
SASSAE TSURIKOMI ASHI	TAI OTOSHI
SASSAE TSURIKOMI ASHI	O SOTO GARI
SASSAE TSURIKOMI ASHI	UCHI MATA
SODE TSURIKOMI GOSHI	HARAI GOSHI
TAI OTOSHI	KO UTCHI GARI
TSURIKOMI GOSHI	HARAI GOSHI
UCHI MATA	KO UTCHI GARI
UCHI MATA	TAI OTOSHI
UCHI MATA	KO SOTO GAKE
UKI GOSHI	HARAI GOSHI
HIZA GURUMA	DE ASHI BARAI

RENRAKU-RENKA-WAZA

2° A 5° DAN	
DE ASHI BARAI	YOKO GAKE
HIZA GURUMA	HARAI GOSHI
HIZA GURUMA	ASHI GURUMA
HIZA GURUMA	TAI OTOSHI
IPPON SEOI NAGUE	SUMI GAESHI
IPPON SEOI NAGUE	KATA GURUMA
IPPON SEOI NAGUE	UTI MAKIKOMI
KATA GURUMA	UKI WAZA
KATA GURUMA	KUTCHIKI TAOSHI
O SOTO GARI	TANI OTOSHI
O SOTO GARI	O SOTO MAKIKOMI
O SOTO GARI	ASHI GURUMA
O UTCHI GARI	TOMOE NAGUE
O UTCHI GARI	HARAI TSURIKOMI ASHI
SASSAE TSURIKOMI ASHI	ASHI GURUMA
SASSAE TSURIKOMI ASHI	HARAI GOSHI
SASSAE TSURIKOMI ASHI	KO UTCHI GARI
SASSAE TSURIKOMI ASHI	KO SOTO GARI
TAI OTOSHI	SASSAE TSURIKOMI ASHI
UCHI MATA	SUMI GAESHI
HIZA GURUMA	SUMI OTOSHI

