

TSUKI WAZA

Nº	GRAU	TÈCNICA				POSICIÓ				CADERA		KIAI
		nom	arma	mà	orientació (graus)	nom	cama	orientació (graus)	desplaçament	gir	orientació	
1	groc 1	seiken oi zuki	seiken	migi	0	zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	
2	groc 2	seiken gyaku zuki	seiken	hidari	90	zenkutsu dachi	migi	90	yoko ashi	jun kaiten	shomen	
3	groc 3	kizami zuki	seiken	migi	90	zenkutsu dachi (mateix lloc)	migi	90		jun kaiten	hanmi	
4	groc 4	tate zuki	uraken	hidari	45	han zenkutsu dachi	hidari	90	de ashi	jun kaiten	shomen	
5	groc 5	morote heiko zuki	seiken	morote	45	han zenkutsu dachi	migi	45	de ashi	hara	shomen	kiai
6	taronja 1	morote nukite heiko zuki	yohon nukite	morote	45	sanchin dachi	hidari	45	hiki ashi	hara	shomen	
7	taronja 2	yohon nukite	nukite	migi	270	zenkutsu dachi	hidari	270	yoko ashi	jun kaiten	shomen	
8	taronja 3	nihon nukite	nihon nikite	hidari	270	nekoashi dachi	hidari	270	yorì ashi	jun kaiten	shomen	
9	taronja 4	ippon nukite	ippon nukite	migi	315	nekoashi dachi	migi	315	de ashi	jun kaiten	shomen	
10	taronja 5	morote awaze zuki	seiken	morote	315	zenkutsu dachi	hidari	315	hiki ashi	hara	shomen	kiai
11	verd 1	ura zuki	seiken	hidari	0	sanchin dachi	migi	0	de ashi	jun kaiten	shomen	
12	verd 2	kagi zuki jodan	seiken	migi	0	sanchin dachi	hidari	0	de ashi	jun kaiten	shomen	
13	verd 3	kagi zuki chudan	seiken	hidari	90	shiko dachi	migi	90	yoko ashi	jun kaiten	Hanmi	
14	verd 4	ni dan zuki	seiken	migi/hihari	270	zenkutsu dachi	hidari	270	yoko ashi	jun kaiten	shomen+hanmi	
15	verd 5	san ren zuki	seiken	(kake uke hidari)migi/hihari/migi	315	shiko dachi	migi	315	yoko ashi	hara	shomen	
16	verd 6	sandan zuki	seiken	hidari/migi/hihari	0	zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	kiai
17	blau 1	hiraken zuki	hiraken	migi	0	zenkutsu dachi (yori ashi)	migi	0	yori ashi	jun kaiten	shomen	
18	blau 2	morote hiraken zuki	hiraken	morote	0	zenkutsu dachi	hidari	0	de ashi	hara	shomen	
19	blau 3	seiken age zuki jodan	seiken	hidari	0	shiko dachi	hidari	0	hiki ashi	gyako kaiten	hanmi	
20	blau 4	jun zuki	seiken	migi	45	shiko dachi	migi	45	de ashi	gyako kaiten	hanmi	kiai
21	marró 1	nakayubi ippon ken zuki jodan	nakayubi ippon ken	hidari	0	han zenkutsu dachi	hidari	0	hiki ashi	jun kaiten	shomen	
22	marró 2	nakayubi ippon ken zuki chudan	nakayubi ippon ken	migi	0	han zenkutsu dachi (yori ashi)	hidari	0	yori ashi	jun kaiten	shomen	
23	marró 3	ippon ken zuki jodan	hitosashiyubi ippon ken	hidari	0	han zenkutsu dachi	hidari	0		jun kaiten	hanmi	
24	marró 4	ippon ken zuki chudan	hitosashiyubi ippon ken	migi	0	zenkutsu dachi	hidari	0	yori ashi	jun kaiten	shomen	kiai

UKE WAZA

Nº	GRAU	TÉCNICA			POSICIÓ				CADERA		KIAI
		nom	arma	mà	nom	cama	orientació (graus)	desplaçament	gir	posició	
1	groc 1	age uke jodan	ude	migi	zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	
2	groc 2	uchi uke chudan	ude	hidari	nekoashi dachi	hidari	270	de ashi	jun kaiten	shomen	
3	groc 3	gedan barai	ude	migi	zenkutsu dachi	migi	45	hiki ashi	jun kaiten	shomen	
4	groc 4	soto uke	ude	hidari	han zenkutsu dachi	hidari	0	de ashi	jun kaiten	hanmi	
5	groc 5	shuto uke jodan	shuto	migi	zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	
6	groc 6	shuto uke chudan	shuto	hidari	han zenkutsu dachi	hidari	315	de ashi	jun kaiten	hanmi	
7	groc 7	shuto soto uke	shuto	migi	zenkutsu dachi	migi	45	de ashi	jun kaiten	shomen	kiai
8	taronja 1	tora uchi	ude+shotei	morote	sanchin dachi	hidari	0	hiki ashi	hara	shomen	
9	taronja 2	osai uke	shotei	migi	zenkutsu dachi	migi	0	hiki ashi	gyaku kaiten	shomen	
10	taronja 3	morote uchi uke	ude	morote	sanchin dachi	migi	0	yorì ashi	hara	shomen	
11	taronja 4	morote osai uke	shotei	morote	sanchin dachi (yoriashi)	migi	0	yorì ashi	hara	shomen	
12	taronja 5	sune uke uchi	ude	migi	sagiashi dachi (uchi)	migi	45	sagiashi	jun kaiten	hanmi	
13	taronja 6	sune uke soto	ude	hidari	sagiashi dachi (soto)	hidari	45	sagiashi	jun kaiten	shomen	
14	taronja 7	mawashi gedan barai	ude	migi	shiko dachi	migi	315	hiki ashi	hara	hanmi	
15	taronja 8	kake uke	shuto	hidari	sanchin dachi	hidari	0	de ashi	jun kaiten	shomen	
16	taronja 9	hiki uke	shuto	migi	sanchin dachi	migi	0	hiki ashi	jun kaiten	shomen	kiai
17	verd 1	shotei uke jodan	shotei	hidari	nekoashi dachi	hidari	315	hiki ashi	jun kaiten	shomen	
18	verd 2	shotei uke chudan	shotei	migi	nekoashi dachi	migi	45	hiki ashi	jun kaiten	shomen	
19	verd 3	shotei uke gedan	shotei	hidari	nekoashi dachi	hidari	0	hiki ashi	jun kaiten	shomen	
20	verd 4	shotei mawashi gedan barai	shotei	migi	sanchin dachi	migi	0	hiki ashi	jun kaiten	shomen	
21	verd 5	koken jodan uke	koken	hidari	shiko dachi	migi	315	yoko ashi	hara	hanmi	
22	verd 6	koken yoko uke	koken	migi	kokutsu dachi	hidari	270	yoko ashi	gyaku kaiten	hanmi	
23	verd 7	hiji yoko uke	ude	hidari	shiko dachi	migi	45	hiki ashi	jun kaiten	hanmi	
24	verd 8	shuto uke chudan	shuto	migi	nekoashi dachi	migi	45	de ashi	gyaku kaiten	hanmi	
25	verd 9	shuto mawashi uke	shuto	hidari	hanmi kokutsu dachi	hidari	315	de ashi	gyaku kaiten	hanmi	
26	verd 10	haito uchi uke	haito	migi	sanchin dachi	migi	0	de ashi	jun kaiten	shomen	kiai
27	blau 1	ude yoko uke	ude	hidari	kokutsu dachi	migi	45	hiki ashi	jun kaiten	hanmi	
28	blau 2	sukui uke	shotei	migi	kokutsu dachi antic	hidari	270	hiki ashi	jun kaiten	hanmi	
29	blau 3	morote hiji uke	shuto	morote	sanchin dachi	migi	0	hiki ashi	hara	shomen	
30	blau 4	morote sukui uke	shotei	morote	sanchin dachi (yoriashi)	migi yoriashi	315	yorì ashi	hara	shomen	
31	blau 5	morote uchi uke gedan barai	ude	morote	sanchin dachi	hidari	0	de ashi	jun kaiten	shomen	
32	blau 6	hiji oroshi uke	hiji	morote	nekoashi dachi	migi	0	hiki ashi	jun kaiten	shomen	
33	blau 7	morote juji uke seiken	ude	morote	zenkutsu dachi	migi	0	yorì ashi	hara	shomen	
34	blau 8	morote juji uke haishu	ude	morote	zenkutsu dachi	hidari	0	de asi	hara	shomen	kiai
35	marró 1	haishu yoko uke	haishu	migi	shiko dachi (no desplaçament)	migi	270	hiki ashi	gyaku kaiten	hanmi	
36	marró 2	soto nagashi uke	shotei	migi+ hidari yakosuki jodan	zenkutsu dachi (no desplaçament)	migi	0	yorì ashi	jun kaiten	shomen	
37	marró 3	uchi nagashi uke	haishu	hidari+migi yakosuki jodan	zenkutsu dachi	hidari	0	de ashi	jun kaiten	shomen	
38	marró 4	haishu jodan uke	haishu	migi	sanchin dachi	migi	0	hiki ashi	jun kaiten	shomen	
39	marró 5	morote haishu chudan uke	haishu	morote	sanchin dachi	hidari	0	hiki ashi	hara	shomen	
40	marró 6	mortote haishu jodan uke	haishu	morote	sanchin dachi	migi	0	de ashi	hara	shomen	kiai

UCHI WAZA

Nº	GRAU	TÉCNICA			POSICIÓ				CADERA		KIAI
		nom	arma	mà	nom	cama	orientació (graus)	desplaçament	gir	posició	
1	groc 1	uraken yoko uchi	uraken	migi	zenkutsu dachi	migi	0	de ashi	gyaku kaiten	hanmi	
2	groc 2	seiken ago uchi	sekien	hidari+migi	sanchin dachi	hidari	0	de ashi	jun kaiten	shomen	
3	groc 3	shuto yoko ganmen uchi	shuto	hidari	han zenkutsu dachi	migi	45	de ashi	jun kaiten	shomen	
4	groc 4	shuto sakotsu uchi	shuto	migi	sanchin dachi	hidari	45	de ashi	jun kaiten	shomen	
5	groc 5	shuto hizo uchi	shuto	hidari	shiko dachi	migi	45	yoko ashi	jun kaiten	shomen	
6	groc 6	shuto sakotsu uchi komi	shuto	migi	zenkutsu dachi	migi	45	de ashi	jun kaiten	shomen	kiai
7	taronja 1	uraken shomen uchi	uraken	hidari	nekoashi dachi	hidari	0	hiki ashi	hara	shomen	
8	taronja 2	uraken sayu uchi	uraken	migi+hidari	sanchin dachi	migi	0	hiki ashi	gyaku kaiten	shomen	
9	taronja 3	uraken izo uchi	uraken	migi+hidari	sanchin dachi	hidari	0	hiki ashi	gyaku kaiten	shomen	
10	taronja 4	uraken mawashi uchi	uraken	migi	bensoku dachi	hidari	315	juji ashi	jun kaiten	hanmi	
11	taronja 5	tettsui yoko uchi jodan	tettsui	hidari	shiko dachi	hidari	45	yoko ashi	gyaku kaiten	hanmi	
12	taronja 6	tettsui yoko uchi chudan	tettsui	migi	shiko dachi	migi	225	shugi ashi	gyaku kaiten	hanmi	
13	taronja 7	tettsui yoko uchi gedan	tettsui	hidari	shiko dachi	hidari	45	shugi ashi	gyaku kaiten	hanmi	
14	taronja 8	shuto yoko uchi	shuto	migi	heiko dachi (deashi barai)	migi	0	yoko ashi	gyaku kaiten	hanmi	
15	taronja 9	age hiji ate jodan	hiji	hidari	zenkutsu dachi	hidari	0	hiki ashi	jun kaiten	shomen	
16	taronja 10	age hiji ate chudan	hiji	migi	zenkutsu dachi	hidari	0	de ashi	jun kaiten	shomen	kiai
18	verd 1	shotei uchi jodan	sotei	hidari	zenkutsu dachi	migi	0	hiki ashi	jun kaiten	shomen	
19	verd 2	shotei uchi chudan	sotei	migi	kokutsu dachi (antic)	migi	270	yoko ashi	jun kaiten	hanmi	
20	verd 3	shotei uchi gedan	sotei	hidari	zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	
21	verd 4	kumade uchi	kumade	migi	renoaji dachi	hidari	315	hiki ashi	jun kaiten	shomen	
22	verd 5	hiji yoko ate	hiji	hidari	shiko dachi	hidari	45	yoko ashi	gyaku kaiten	hanmi	
23	verd 6	hiji mawashi ate jodan	hiji	migi	zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	
24	verd 7	hiji mawashi ate cudan	hiji	hidari	sanchin dachi	hidari	0	hiki ashi	jun kaiten	shomen	
25	verd 8	tettsui oroshi uchi	tettsui	migi	han zenkutsu dachi	migi	0	yori ashi	jun kaiten	shomen	kikai
26	blau 1	hiraken oroshi uchi	hiraken	hidari	nekoashi dachi	hidari	0	yori ashi	jun kaiten	shomen	
27	blau 2	haito uchi jodan	haito	migi	zenkutsu dachi	hidari	270	yoko ashi	jun kaiten	shomen	
28	blau 3	haito uchi chudan	haito	hidari	zenkutsu dachi	migi	90	yoko ashi	jun kaiten	shomen	
29	blau 4	haito uchi gedan	haito	migi	zenkutsu dachi	hidari	0	de ashi	jun kaiten	shomen	
30	blau 5	mae age hiji ate	hiji	hidari	nekoashi dachi	hidari	0	yori ashi	jun kaiten	hanmi	
32	blau 6	toho uchi	toho	migi	han zenkutsu dachi	hidari	0	yori ashi	jun kaiten	shomen	
33	blau 7	tettsui hizo uchi	tettsui	hidari	shiko dachi	hidari	45	yoko ashi	jun kaiten	shomen	
34	blau 8	keiko uchi	keiko	migi	han zenkutsu dachi	hidari	0	yori ashi	jun kaiten	shomen	kiai
35	marró 1	naka yubi ipon ken uchi	nakayubi ippon ken	hidari	zenkutsu dachi	migi	90	de ashi	jun kaiten	shomen	
36	marró 2	ayayubi ipon ken uchi	ayayubi ippon ken	migi	han zenkutsu dachi (recoger migi)	migi	90	yori ashi	jun kaiten	retruc	
37	marró 3	koken oroshi uchi	koken	hidari	sanchin dachi	hidari	45	de ashi	jun kaiten	shomen	
38	marró 4	koken yoko uchi	koken	migi	kokutsu dachi (antic)	migi	270	yoko ashi	jun kaiten	hanmi	
39	marró 5	ushiro hiji ate	hiji	hidari	nekoashi dachi	migi	0	hiki ashi	jun kaiten	hanmi	
40	marró 6	oroshi hiji ate	hiji	migi	shiko dachi	migi	315	de ashi	hara	shomen	kiai

KERI WAZA

Nº	GRAU	TÉCNICA				POSICIÓ				CADERA		KIAI
		nom	arma	cama	orientació (graus)	nom	cama	orientació (graus)	desplaçament	gir	posició	
1	groc 1	hiza geri	hiza	migi	0	moto dachi	migi	0	de ashi	jun kaiten	hanmi	
2	groc 2	kin geri	haisoku	hidari	0	moto dachi	hidari	0		jun kaiten	hanmi	
3	groc 3	mae geri	chusoku	migi	0	moto dachi	hidari	270		jun kaiten	hanmi	
4	groc 4	mawashi uchi keage	haisoku	hidari	270	moto dachi	hidari	270	sugi ashi	jun kaiten	hanmi	
5	groc 5	mawashi soto keage	teisoku	migi	270	moto dachi	hidari	90		jun kaiten	hanmi	kiai
6	taronja 1	sune mawashi geri gedan	sune	hidari	90	moto dachi	hidari	90	sugi ashi	jun kaiten	hanmi	
7	taronja 2	mawashi geri jodan	heisoku	migi	90	moto dachi	migi	90		jun kaiten	hanmi	
8	taronja 3	mawashi geri chudan	chusoku	hidari	45	moto dachi	hidari	45		jun kaiten	hanmi	
9	taronja 4	kansetsu geri	kakato	migi	90	kiba dachi + bensoku dachi		90		gyaku kaiten	hanmi	
10	taronja 5	yoko geri	sokuto	hidari	270	kiba dachi		270	juji ashi	gyaku kaiten	hanmi	kiai
11	verd 1	ushiro geri	kakato	migi	135	moto dachi	hidari	90	hiki ashi	gysku kaiten	hanmi	
12	verd 2	fumikomi geri	kakato	hidari	0	heiko dachi		90		gysku kaiten	hanmi	
13	verd 3	ura mawashi geri	kakato	migi	0	heiko dachi		270		jun kaiten	hanmi	
14	verd 4	ushiro mawashi geri	kakato	hidari	0	moto dachi	migi	0		jun kaiten	hanmi	kiai
15	blau 1	mae tobi geri	chusoku	hidari	0	moto dachi	migi	0		jun kaiten	hanmi	
16	blau 2	heisoku uchi keage	heisoku	hidari	0	moto dachi	hidari	0		gyaku kaiten	hanmi	
17	blau 3	nidan mae tobi geri	chusoku	migi+hidari	0	moto dachi	migi	0		jun kaiten	hanmi	
18	blau 4	ushiro tobi geri	kakato	migi	180	moto dachi	hidari	0		jun kaiten	hanmi	
19	blau 5	oroshi kakato geri uchi	kakato	hidari	45	moto dachi	hidari	0		jun kaiten	hanmi	
20	blau 6	oroshi kakato geri soto	kakato	migi	0	moto dachi	migi	0		jun kaiten	hanmi	kiai
21	marró 1	yoko tobi geri	sokuto	hidari	270	bensoku dachi	hidari	270	juji ashi	gyaku kaiten	hanmi	
22	marró 2	ushiro mawashi tobi geri	kakato	migi	0	moto dachi	migi	0	de ashi	jun kaiten	hanmi	kiai

RENRAKU WAZA

nº	TÉCNICA			POSICIÓ				CADERA		KIAI
	nom	arma	mà	nom	cama	orientació (graus)	desplaçament	gir	posició	
1	mae gedan barai	ude	hidari	han zenkutsu dachi	hidari	0	yorì ashi (enrera)	jun kaiten	shomen	
2	seiken gyaku zuki chudan	seiken	migi	han zenkutsu dachi	hidari	0		jun kaiten	shomen	
3	mae geri chudan chusoku	chusoku		han zenkutsu dachi	migi	0	de ashi	jun kaiten	shomen	kiai
1	mae geri chudan chusoku	chusoku		han zenkutsu dachi	hidari	0	de ashi	jun kaiten	hanmin	
2	mae gedan barai	ude	hidari	han zenkutsu dachi	hidari	0		jun kaiten	hanmin	
3	seieken gyaku zuki	seiken	migi	han zenkutsu dachi	hidari	0	yorì ashi	jun kaiten	shomen	kiai
1	seieken gyaku zuki chudan	seiken	migi	han zenkutsu dachi	hidari	0		jun kaiten	shomen	
2	mawashi geri jodan	ude		han zenkutsu dachi	hidari	0	de ashi	jun kaiten	hanmin	
3	sotei uke jodan	sotei	migi	han zenkutsu dachi	migi	0		jun kaiten	shomen	
4	seieken gyaku zuki	seiken	hidari	han zenkutsu dachi	migi	0	yorì ashi	Jun kaiten	shomen	kiai

POSICIONS BÀSIQUES

Nº	GRAU	POSICIÓ		TÉCNICA		ORIENTACIÓ
		nom	cama	nom	mà	
1	groc 1	achi hidachi		yoi	morote	0
2	groc 2	heisoku dachi		mans al costat	morote	0
3	groc 3	seiza	hidari	mans al costat	morote	0
4	groc 4	sazen		mans damunt cuixa	morote	0
5	groc 5	musubi dachi		mans al costat	morote	0
6	groc 6	uchi achi hidachi		punys superposats	morote	0
7	groc 7	sanchin dachi	migi	uchi uke	migi	0
8	groc 8	zenkustu dachi	hidari	gedan barai	hidari	0
9	groc 9	moto dachi	migi	kamae dreta	migi	0
10	groc 10	han zenkutsu dachi	hidari	uchi uke yako	migi	0
11	groc 11	nekoashi dachi	hidari	uchi uke	hidari	0
12	taronja 1	heiko dachi		punys al costat	morote	0
13	taronja 2	migi heiko dachi	migi	saotei uchi jodan	migi	0
14	taronja 3	hidari heiko dachi	hidari	kake uke	hidari	0
15	taronja 4	naihanchin dachi	migi	morote uchi uke gedan barai	morote	0
16	taronja 5	kiba dachi	hidari	morote uchi uke kiba dachi	motore	0
17	taronja 6	siko dachi	migi	mawashi gedan barai	migi	0
18	verd 1	renoahi dachi	hidari	uchi uke morote sotei	hidari	315
19	verd 2	bensoku dachi	hidari	uchi uke	migi	45
20	verd 3	sahiashi dachi	hidari	kamae amartillado	morote	0
21	verd 4	kokutsu dachi antiguo	hidari	gedan barai	hidari	315
22	verd 5	hanmi kokutsu dachi	hidari	suto mawashi uke	hidari	315