



TATAMI 1

Kime No Kata – Senior
Kodokan Goshin Jutsu – Senior
Katame No Kata- Junior

Nage No Kata – Cadete

TATAMI 2

Nage No Kata – Junior 3 Grupos
Ju-No Kata – Senior
Nage No Kata – Junior

Nage No Kata Infantil

TATAMI 3

Katame No Kata – Senior
Nage No Kata – Senior
Ju-No Kata - Junior

Nage No Kata – Alevin Grupo 1
Nage No Kata – Alevin Grupo 2
Nage No Kata – Alevin Grupo 3