

## EXAME PARA FAIXA AZUL



Nome: \_\_\_\_\_ Idade: \_\_\_\_\_ anos

### 01- VOCABULÁRIO

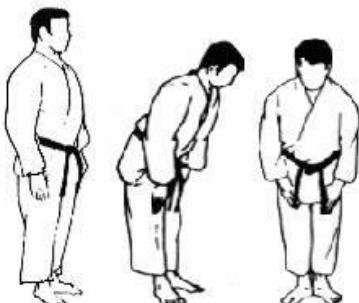
- |                           |                   |                       |             |
|---------------------------|-------------------|-----------------------|-------------|
| - SENSEI = PROFESSOR      | - OBI = FAIXA     | - HAJIME = COMEÇAR    | - HAI = SIM |
| - JUDOGUI = ROUPA DE JUDO | - TATÊ = LEVANTAR | - SOREMADÊ = TERMINAR |             |
| - DOJO = LOCAL DE TREINO  | - MATÊ = PARAR    | - ARIGATÔ = OBRIGADO  |             |

### 02- CONTAGEM EM JAPONÊS

- |           |             |            |          |         |
|-----------|-------------|------------|----------|---------|
| 01 – ITI  | 02 – NI     | 03 – SAN   | 04 – SHI | 05 – GO |
| 06 – ROKU | 07 – SHICHI | 08 – HACHI | 09 – KU  | 10 – JU |

### 03- CUMPRIMENTO

- CUMPRIMENTO EM PÉ (RITSU REI)      - CUMPRIMENTO AJOELHADO (ZA REI)

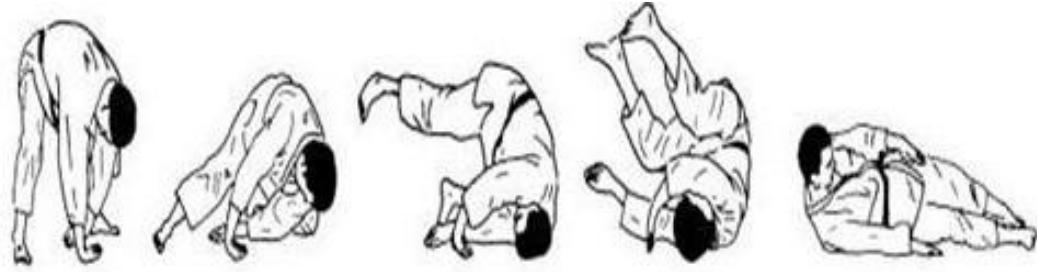


### 04- AMORTECIMENTO DE QUEDAS

- USHIRO UKEMI



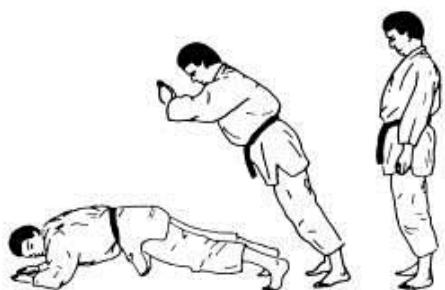
- ZEMPO KAITEM UKEMI



- YOKO UKEMI

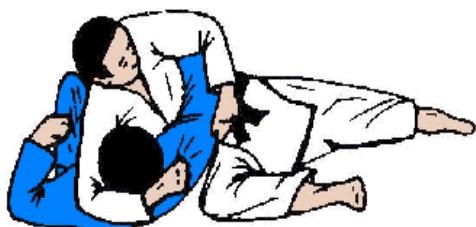


- MAE UKEMI



## 05- IMOBILIZAÇÃO

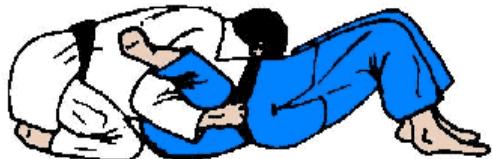
- HON KESSA GATAME



- TATE SHIHO GATAME



- KAMI SHIHO GATAME



- YOKO SHIHO GATAME



## 06- GOLPES – GO KYO (1º KYO)

