

**6e KYU** (50 chutes) 1ère année

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**SUWARI WAZA**

Kokyu Ho

**TACHI WAZA**

Ai hanmi katate dori

Ikkyo (Omote/Ura)

Irimi Nage

Kote gaeshi

Shiho nage (Omote/Ura)

Shomen Uchi

Ikkyo

Irimi nage

**5e KYU** (100 chutes)

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**SUWARI WAZA**

Kata dori (2 déplacements)

Ikkyo (Omote/Ura)

Nikyo (Ura)

Irimi nage

**TACHI WAZA**

Gyaku Hanmi Katate dori

Tai no Henka

Kokyu Nage (3 formes)

Ikkyo

Kote gaeshi

Shiho nage (Omote/Ura)

Ude kime nage

FONDATIONS:

OMOTE/ URA  
IRIMI/ TENKAN

**4e KYU** (200 chutes) 2e année

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**SUWARI WAZA**

Shomen Uchi

Ikkyo,

Nikyo (Omote/Ura)

Irimi nage,

Kote gaeshi

**TACHI WAZA**

Morote dori (Katate Ryote dori)

Ikkyo, (2 Formes)

Irimi Nage

Kokyu Nage

Yokomen Uchi

2 Entrées

Ikkyo (x2),

Irimi nage,

Shiho nage,

Ude kime nage

**TANTO**

Chudan tsuki

Kote gaeshi, Hijikime osae,

Uchi kaiten sankyo

FONDATIONS:

MA AÏ  
TAI SABAKI

**3e KYU** (300 chutes) 3e année

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**SUWARI WAZA**

Shomen Uchi (Omote, Ura)

Ikkyo, Nikyo, Sankyo, Yonkyo,

Gokyo, Irimi nage, Kote Gaeshi

**HANMI HANDACHI WAZA**

Katate dori

Ikkyo, Nikkyo, Irimi nage,

Kote gaeshi, Shiho nage

**TACHI WAZA**

Kata dori MenUchi

Ikkyo, Irimi nage, Kote gaeshi,

Koshi nage

Ryote dori

Tenchi nage, Shiho nage, Ikkyo

**USHIRO WAZA**

Ryote dori

Ikkyo, Sankyo, Irimi nage,

Shiho nage, Kote gaeshi

Kokyu Nage

**TANTO**

Chudan tsuki

Kote gaeshi, Gokyo

Hijikime osae,

Uchi kaiten Sankyo

Ude kime nage

FONDATIONS:

KAMAE - ATEMI

**SUWARI WAZA**YOKOMEN UCHI

Ikkyo, Nikyo, Sankyo, Yonkyo  
Gokyo, Irimi nage, Kote gaeshi

KATA DORI

Ikkyo, Nikyo, Irimi nage,

SHOMEN UCHI

Sankyo, Yonkyo, Gokyo,  
Irimi nage, Kote gaeshi, Kokyu nage

**HANMI HANDACHI WAZA**KATATE DORI

Shiho nage, Irimi nage, Kote gaeshi,  
Ikkyo, Nikyo (Ura), Uchi/Soto Kaiten nage  
Kokyu nage

KATATE DORI

Shiho nage, Irimi nage, Kote gaeshi,  
Ikkyo, Nikyo (Ura), Uchi/Soto Kaiten  
Kokyu nage

SHOMEN UCHI

Ikkyo, Nikyo, Irimi nage, Kote gaeshi,  
Uchi/Soto Kaiten nage, Shiho nage  
Udekime nage, Koshi nage, Kokyu nage

**TACHI WAZA**YOKOMEN UCHI

Ikkyo, Nikyo, Irimi nage, Kote gaeshi  
Koshi nage, Shiho nage, Udekime nage

RYOTE DORI

Ikkyo, Nikyo, Irimi nage, Kote gaeshi  
Tenchi nage, Koshi nage, Kokyu nage  
Shiho nage, Udekime nage

MUNA DORI

Ikkyo, Shiho nage, Uchi kaiten nage  
Kokyu nage

CHUDAN TSUKI

Jyu Waza

RYO KATA DORI

Ikkyo, Sankyo, Kote gaeshi, Koshi nage  
Kokyu nage (3 formes)

**USHIRO WAZA**KATATE DORI KUBISHIME

Ikkyo, Sankyo, Koshi nage, Juji garami  
Kote gaeshi, Shiho nage, Kokyu nage

ERI DORI

Ikkyo, Irimi nage, Kote gaeshi, Shiho nage

SHOMEN UCHI

Gokyo

**TANTO DORI**SHOMEN UCHI

Gokyo, Kote gaeshi, Uchi kaiten Sankyo,

YOKOMEN UCHI

Gokyo

YOKOMEN UCHI

Gokyo, Shiho nage

CHUDAN TSUKI

Jyu waza

CHUDAN TSUKI

Jyu waza

Jo nage Jyuwaza

**JO DORI**

Jo nage Jyuwaza

CHUDAN TSUKI

Jyuwaza

**TACHI DORI**SHOMEN UCHI

Ikkyo, Kote gaeshi, Shiho nage, Udekime nage  
Kokyu nage

**KEN TAI KEN**

Jyu waza

**TANINZU GAKE**RYO KATA DORIRYO KATA DORI

2 Partenaires

3 Partenaires

FONDTIONS:

SHISEI  
KOKYU  
KI NO NAGARE