

PASSAGE DE GRADE KYU

1. SUWARI WAZA

AI HANMI KATATE DORI

IKKYO
IRIMI NAGE

KATATE DORI

IKKYO
NIKYO
IRIMI NAGE
KOTE GAESHI

KATA DORI

IKKYO
NIKYO
SANKYO

SHOMEN UCHI

IKKYO
NIKYO
SANKYO
YONKYO
IRIMI NAGE
KOTE GAESHI

RYO KATA DORI

IKKYO
NIKYO

YOKOMEN UCHI

IKKYO
NIKYO
SANKYO
YONKYO
GOKYO
IRIMI NAGE

2. HANMI HANDACHI WAZA

KATATE DORI

SHIHO NAGE
UCHI KAITEN NAGE
SOTO KAITEN NAGE

SHOMEN UCHI

IRIMI NAGE
KOTE GAESHI

RYOTE DORI

SHIHO NAGE

PASSAGE DE GRADE KYU

3. TACHI WAZA (saisies)

AI HANMI KATATE DORI	<i>IKKYO</i> <i>NIKYO</i> <i>SANKYO</i> <i>SHIHO NAGE</i> <i>IRIMI NAGE</i> <i>KOTE GAESHI</i> <i>UDE KIME NAGE</i> KOSHI NAGE
KATATE DORI	<i>IKKYO</i> <i>NIKYO</i> SANKYO YONKYO <i>TENCHI NAGE</i> <i>SHIHO NAGE</i> <i>IRIMI NAGE</i> <i>KOTE GAESHI</i> <i>UCHI KAITEN NAGE</i> <i>KOKYU NAGE</i> <i>UDE KIME NAGE</i> <i>SOKUMEN IRIMI NAGE</i> SOTO KAITEN NAGE SUMI OTOSHI AIKI OTOSHI KOSHI NAGE
KATATE RYOTE DORI	IKKYO NIKYO KOTE GAESHI UDE KIME NAGE KOKYU HO IRIMI NAGE
RYOTE DORI	IKKYO <i>TENCHI NAGE</i> SHIHO NAGE IRIMI NAGE KOTE GAESHI
KATA DORI	<i>IKKYO</i> <i>NIKYO</i> SANKYO YONKYO
Diverses saisies	KOKYU NAGE
MAE RYO KATA DORI	SOKUMEN IRIMI NAGE
KATA DORI MEN UCHI	IKKYO NIKYO SANKYO IRIMI NAGE KOTE GAESHI SHIHO NAGE

4. TACHI WAZA (frappes)

SHOMEN UCHI	<i>IKKYO</i> NIKYO SANKYO YONKYO <i>IRIMI NAGE</i> <i>KOTE GAESHI</i> SHIHO NAGE UCHI KAITEN NAGE SOTO KAITEN NAGE
YOKOMEN UCHI	IKKYO NIKYO SANKYO YONKYO <i>UDE KIME NAGE</i> <i>SHIHO NAGE</i> IRIMI NAGE KOTE GAESHI GOKYU
CHUDAN TSUKI	IKKYO IRIMI NAGE
JODAN TSUKI	HIJI KIME OSAE
Diverses frappes	KOKYU NAGE

5. USHIRO WAZA

USHIRO RYOTE DORI	IKKYO NIKYO <i>SANKYO</i> IRIMI NAGE KOTE GAESHI UDE KIME NAGE SHIHO NAGE JUJI GARAMI SOKUMEN IRIMI NAGE
USHIRO RYO KATA DORI	IKKYO NIKYO SANKYO SOKUMEN IRIMI NAGE
USHIRO RYO HIJI DORI	IKKYO