

PASSAGE DE GRADE KYU

TACHI WAZA (saisies)

AI HANMI KATATE DORI

IKKYO
NIKYO
SANKYO
SHIHO NAGE
KOTE GAESHI
UDE KIME NAGE

KOSHI NAGE

KATATE DORI

IKKYO
NIKYO

SANKYO
YONKYO

TENCHI NAGE
SHIHO NAGE
IRIMI NAGE
KOTE GAESHI
UCHI KAITEN NAGE
KOKYU NAGE
UDE KIME NAGE
SOKUMEN IRIMI NAGE

SOTO KAITEN NAGE

SUMI OTOSHI

AIKI OTOSHI

KOSHI NAGE

KATATE RYOTE DORI

IKKYO
NIKYO
KOTE GAESHI
UDE KIME AGE
KOKYU HO

IRIMI NAGE

RYOTE DORI

IKKYO
TENCHI NAGE
SHIHO NAGE
IRIMI NAGE
KOTE GAESHI

KATA DORI

IKKYO
NIKYO

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

TACHI WAZA (frappes)

SHOMEN UCHI

IKKYO
NIKYO
SANKYO
YONKYO
IRIMI NAGE
KOTE GAESHI

SHIHO NAGE

UCHI KAITEN NAGE

SOTO KAITEN NAGE

YOKOMEN UCHI

IKKYO
NIKYO
SANKYO
YONKYO
UDE KIME NAGE
SHIHO NAGE

IRIMI NAGE

KOTE GAESHI

GOKYO

CHUDAN TSUKI

IKKYO

IRIMI NAGE

JODAN TSUKI

HIJI KIME OSAE

Diverses frappes

KOKYU NAGE

PASSAGE DE GRADE KYU

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
NYKIO

YOKOMEN UCHI

IKKYO
NYKIO
SANKYO
YONKYO
GOKYO
IRIMI NAGE

HANMI HANDACHI WAZA

KATATE DORI

SHIHO NAGE
UCHI KAITEN NAGE
SOTO KAITEN NAGE

SHOMEN UCHI

IRIMI NAGE
KOTE GAESHI

RYOTE DORI

SHIHO NAGE

USHIRO WAZA

USHIRO RYOTE DORI

IKKYO
NIKYO
SANKYO
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