

PROGRAMME GRADES KYU - CEINTURES DE COULEURS

JAUNE	ORANGE	VERTE	BLEUE	MARRON
KIHON UKE WAZA				
AGE UKE zenkutsu SOTO UKE zenkutsu GEDAN BARAI zenkutsu UCHI UKE zenkutsu	TATE SHUTO UKE zenkutsu TEISHO UKE zenkutsu OSAE UKE kokutsu SHUTO UKE kokutsu	TATE UKE fudo OTOSHI UKE fudo UCHI BARAI kiba EMPI UKE kiba	JUJI UKE MOROTE UKE KAKIWAKE UKE	GEDAN NAGASHI BARAI NAGASHI UKE TEISHO NAGASHI UKE
KIHON TSUKI / UCHI WAZA				
KIZAMI TSUKI yori GYAKU TSUKI tsugi OI TSUKI ayumi SHOMEN UCHI	URAKEN UCHI yori GYAKU HAITO UCHI tsugi SHUTO UCHI ayumi YOKOMEN UCHI	TETTSUI UCHI TEISHO UCHI NUKITE HIRA BASAMI	URA TSUKI KAGI TSUKI MAWASHI TSUKI TATE TSUKI	YOKO EMPI UCHI MAWASHI EMPI UCHI AGE EMPI UCHI OTOSHI EMPI UCHI
KIHON KERI WAZA				
MAE GERI HIZA GERI	MAWASHI GERI YOKO GERI	FUMIKOMI URA MAWASHI GERI	MIKAZUKI GERI URA MIKAZUKI GERI KAKATO GERI	NAMI GAESHI USHIRO GERI USHIRO MAWASHI GERI
KIHON NAGE / KANSETSU WAZA				
JODAN TSUKI SUMI OTOSHI CHUDAN TSUKI KOKYU NAGE – UE SHOMEN UCHI IKKYO NAGASHI MAE GERI ASHI BARAI SHUTO UCHI TAI OTOSHI MAWASHI GERI USHIRO KIRI OTOSHI	JODAN TSUKI IKKYO OMOTE CHUDAN TSUKI SOTO KAITEN NAGE SHOMEN UCHI KOKYU NAGE – SHITA MAE GERI USHIRO ASHI BARAI SHUTO UCHI UDE KIME NAGE MAWASHI GERI O GOSHI	JODAN TSUKI SASAE TSURI KOMI ASHI CHUDAN TSUKI KOTE GAESHI SHOMEN UCHI KOKYU NAGE – NAGASHI MAE GERI WAKI GATAME SHUTO UCHI IKKYO URA MAWASHI GERI HARAI GOSHI	JODAN TSUKI SEOI NAGE CHUDAN TSUKI KOKYU NAGE – UDE SHOMEN UCHI IRIMI NAGE MAE GERI UDE GARAMI SHUTO UCHI NIKYO / KOTE MAWASHI MAWASHI GERI SHIHO NAGE	JODAN TSUKI AIKI OTOSHI CHUDAN TSUKI MAE KUBI SHIME SHOMEN UCHI SANKYO / KOTE HINERU MAE GERI ASHI GAESHI SHUTO UCHI KOKYU NAGE – IRIMI MAWASHI GERI USHIRO KUBI SHIME
KATA				
HEIAN SHODAN	HEIAN NIDAN HEIAN SANDAN	HEIAN YONDAN HEIAN GODAN	HEIAN AU CHOIX HEIAN IMPOSÉ	TEKKI SHODAN HEIAN IMPOSÉ
PRESENTATION LIBRE				
JODAN TSUKI CHUDAN TSUKI MAE GERI	JODAN TSUKI CHUDAN TSUKI MAE GERI MAWASHI GERI	JODAN TSUKI CHUDAN TSUKI MAE GERI MAWASHI GERI YOKO GERI	JODAN TSUKI CHUDAN TSUKI MAE GERI MAWASHI GERI YOKO GERI SHUTO UCHI	JODAN TSUKI CHUDAN TSUKI MAE GERI MAWASHI GERI YOKO GERI SHUTO UCHI SHOMEN UCHI
			BUKI WAZA	
			KENJUTSU SHOMEN UCHI MAKI OTOSHI KIRI OTOSHI KIRI AGE DO BARAI UKE NAGASHI NODO TSUKI	JOJUTSU TSUKI TSUKI USHIRO SAKI JO KABUSE MAKI OTOSHI UKE NAGASHI YOKO BARAI
JU KUMITE				
X	X	X	X	X
		JYU WAZA		
		X	X	X
		JYU IPPON KUMITE		
		X		