INTERROGATION TECHNIQUE SHODAN NIDAN SANDAN

ATEMI WAZA

KIZAMI TSUKI	URAKEN UCHI	HAITO UCHI	HIRA BASAMI	MAWASHI TSUKI	MAWASHI EMPI UCHI
GYAKU TSUKI	TETTSUI UCHI	TEISHO UCHI	URA TSUKI	TATE TSUKI	AGE EMPI UCHI
OI TSUKI	SHUTO UCHI	SHOMEN UCHI	KAGI TSUKI	YOKO EMPI UCHI	OTOSHI EMPI UCHI
MAE GERI	HIZA GERI	MAWASHI GERI	YOKO GERI	FUMIKOMI	URA MAWASHI GERI
USHIRO GERI	MIKUZUKI GERI	URA MIKAZUKI GERI	KAKATO GERI		
AI HANMI KATATE DORI	GYAKU HANMI KATATE DORI	KATA DORI	KUMIKATA → sol		

ENCHAINEMENTS (uniquement pour Nidan et Sandan)

KIZAMI TSUKI	URAKEN UCHI	TETTSUI UCHI	MAWASHI EMPI UCHI	MAWASHI GERI (av)	MAE GERI
GYAKU TSUKI	GYAKU HAITO UCHI	GYAKU MAWASHI TSUKI	YOKO EMPI UCHI	MAWASHI GERI (ar)	HIZA GERI
OI TSUKI	SHUTO UCHI	URA TSUKI	OTOSHI EMPI UCHI	USHIRO (MAWASHI) GERI	YOKO GERI

UKE WAZA

JODAN TSUKI		**CHUDAN TSUKI**	**MAE GERI**	**MAWASHI GERI**	**SHUTO UCHI**
AGE UKE	TEISHO UKE	OSAE UKE	GEDAN BARAI	UCHI UKE	TATE UKE
JUJI UKE	NAGASHI UKE	OTOSHI UKE	UCHI BARAI	MOROTE UKE	TATE SHUTO UKE
SOTO UKE	TEISHO NAGASHI UKE	EMPI UKE	GEDAN NAGASHI BARAI	KAKIWAKE UKE	SHUTO UKE

NAGE / KANSETSU WAZA

JODAN TSUKI	**CHUDAN TSUKI**	**SHOMEN UCHI**	**MAE GERI**	**SHUTO UCHI**	**MAWASHI GERI**
SUMI OTOSHI	KOKYU NAGE – UE	IKKYO NAGASHI	ASHI BARAI	TAI OTOSHI	USHIRO KIRI OTOSHI
IKKYO OMOTE	SOTO KAITEN NAGE	KOKYU NAGE – SHITA	USHIRO ASHI BARAI	UDE KIME NAGE	O GOSHI
SASAE TSURI KOMI ASHI	KOTE GAESHI	KOKYU NAGE – NAGASHI	WAKI GATAME	IKKYO URA	HARAI GOSHI
SEOI NAGE	KOKYU NAGE – UDE	IRIMI NAGE	UDE GARAMI	NIKYO / KOTE MAWASHI	SHIHO NAGE
AIKI OTOSHI	MAE KUBI SHIME	SANKYO – KOTE HINERI	ASHI GAESHI	KOKYU NAGE – IRIMI	USHIRO KUBI SHIME

BUKI WAZA (uniquement Jo et Ken pour le Shodan et Nidan / Tout pour le Sandan)

TANTO JUTSU / YOKO GIRI	**TANBO JUTSU / SHOMEN**	**JO JUTSU / TSUKI**	**KEN JUTSU / SHOMEN**	**IAI JUTSU**
YOKO UKE	AGE UKE	MAKI OTOSHI	MAKI OTOSHI	KIRI OROSHI
GEDAN BARAI	YOKO UKE	JO KABUSE	DO BARAI	KESA GIRI
JODAN BARAI	OTOSHI UKE	UKE NAGASHI	UKE NAGASHI	GYAKU KESA GIRI
(des deux cotés)	(des deux cotés)	YOKO BARAI	NODO TSUKI	YOKO GIRI
		URA YOKO BARAI	KIRI OTOSHI	TSUKI
		TSUKI	KIRI AGE	(en avançant et en reculant)
		USHIRO SAKI	AGE UKE	

Shinjukaï Karate Do
Nicolas Lorber