

TECHNIQUES TACHI et USHIRO WAZA KOGEKIHO	KATAMEWAZA					NAGEKATAME			NAGEWAZA														
	IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	HIJIKIMEOSAE	UDEGARAMI	KOTEGAESHI	JUJIGARAMI	IRIMINAGE, SHIHONAGE, KAITENNAGE	IRIMINAGE et SOKUMEN	SHIHONAGE	KAITENNAGE : UCHI SOTO	TENCHINAGE	KOSHINAGE	USHIRO KIRIOTOSHI	UDEKIMENAGE (HIJIKIMENAGE)	AIKIOTOSHI	SUMIOTOSHI	AIKINAGE	KUBINAGE	KOKYUNAGE	
AIHANMI KATATE DORI	Yellow																						
KATATE DORI	Orange	Orange	Orange	Blue				Orange			Uchi Sok um	Yellow	Orange	Yellow	Blue								Orange
KATA DORI				Blue																			
SODE DORI																							
MUNA DORI																							
RYOTE DORI																							
KATATE RYOTE DORI (MOROTE)	Green							Blue			Blue	Green											Green
RYOKATA DORI		Green																					
RYOSODE DORI																							
MAE RYO KATA DORI											Sokum												
SHOMEN UCHI	Yellow	Green	Green	Green	Brown			Orange					Soto Uchi										
YOKOMEN UCHI					Blue			Blue															
KATA DORI MEN UCHI	Blue							Blue															
MUNA DORI SHOMEN UCHI																							
CHUDAN TSUKI	Blue							Brown			Blue												
JODAN TSUKI											Brown												
MAE GERI																							
USHIRO ERI DORI																							
USHIRO RYOTE DORI		Green	Green					Brown															
USHIRO RYOKATA DORI		Blue	Orange					Blue			Sokum	Green											
USHIRO RYOSODE DORI																							
USHIRO RYOHIJI DORI	Blue																						
US. KATATEDORI KUBISHIME								Brown				Brown											
HAGAÏJIME																							

5 4 3 2 1

12 2 ans

Diverses applications sur :
ikkyo, nikkyo, sankyo, tonkyo, kaiten nage, sumi otoshi.

Diverses saisies et frappes : koshi nage et sokumen irimi nage

Ttes les applications de ude kime nage (a partir de la base shihonage)
Hiji kime osae (base ikkyo et nikkyo ura)

TECHNIQUES SUWARI WAZA KOGEKIHO	KATAMEWAZA						NAGEKATAME			NAGEWAZA														
	IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	HIJIKIMEOSAE	UDEGARAMI	KOTEGAESHI	JUJIGARAMI	IRIMINAGE, SHIHONAGE, KAITENNAGE, KOSHINAGE	IRIM1NAGE et SOKUMEN	SHIHONAGE	KAITENNAGE : UCHI SOTO	TENCHINAGE	KOSHINAGE	USHIRO KIRIOTOSHI	UDEKIMENAGE (HIJIKIMENAGE)	AIKIOTOSHI	SUMIOTOSHI	AIKINAGE	KUBINAGE	KOKYUNAGE		
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HANMIHANDACHI WAZA																								
AIHANMI KATATE DORI																								
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Toutes les techniques réalisables

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