



## TECHNIQUES

### Programme pour le passage de 1<sup>er</sup> Kyu

#### Suwari waza

<u>Kokyu ho</u>	ryote dori
<u>Ikkyo</u>	ai hammi katate dori - shomen uchi - katate dori - kata dori - yokomen uchi - ryo kata dori
<u>Irimi nage</u>	ai hammi katate dori - shomen uchi - katate dori - yokomen uchi
<u>Nikyo</u>	shomen uchi - katate dori - kata dori - yokomen uchi - ryo kata dori
<u>Sankyo</u>	shomen uchi - kata dori - yokomen uchi
<u>Yonkyo</u>	shomen uchi - yokomen uchi
<u>Kote gaeshi</u>	shomen uchi - katate dori - yokomen uchi
<u>Gokyo</u>	yokomen uchi - shomen uchi
<u>Toutes les techniques</u>	toutes les attaques réalisables en suwari waza

#### Hamni handachi waza

<u>Shiho nage</u>	katate dori - ryote dori
<u>Uchi kaiten nage</u>	katate dori
<u>Irimi nage</u>	shomen uchi
<u>Kote gaeshi</u>	shomen uchi
<u>Soto kaiten nage</u>	katate dori
<u>Ikkyo</u>	shomen uchi
<u>Nikyo</u>	katate dori - shomen uchi
<u>Gokyo</u>	shomen uchi
<u>Toutes les techniques</u>	toutes les attaques réalisables en hamni handachi waza

#### Tachi waza

<u>Ikkyo</u>	ai hammi katate dori - shomen uchi - katate dori - kata dori - yokomen uchi - ryote dori - ushiro ryote dori - katate ryote dori - kata dori men uchi - chudan tsuki - ushiro ryo kata dori - ushiro ryo hiji dori - jodan tsuki - diverses applications
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<u>Shiho nage</u>	ai hammi katate dori - katate dori - yokomen uchi - ryote dori - ushiro ryote dori - shomen uchi - kata dori men uchi - jodan tsuki - ushiro eri dori - ushiro kata dori kubi shime - muna dori
<u>Irimi nage</u>	ai hammi katate dori - katate dori - shomen uchi - yokomen uchi - ushiro ryote dori - ryote dori - katate ryote dori - kata dori men uchi - chudan tsuki - jodan tsuki
<u>Tenchi nage</u>	katate dori - ryote dori
<u>Nikyo</u>	ai hammi katate dori - katate dori - kata dori - shomen uchi - yokomen uchi - ushiro ryote dori - katate ryote dori - kata dori men uchi - ushiro ryo kata dori - jodan tsuki - chudan tsuki - diverses applications
<u>Sankyo</u>	ai hammi katate dori - ushiro ryote dori - shomen uchi - yokomen uchi - katate dori - kata dori - kata dori men uchi - ushiro ryo kata dori - jodan tsuki - chudan tsuki - diverses applications
<u>Kote gaeshi</u>	ai hammi katate dori - katate dori - shomen uchi - yokomen uchi - ushiro ryote dori - katate ryote dori - ryote dori - kata dori men uchi - chudan tsuki - ushiro eri dori - ushiro kata dori kubi shime
<u>Ude kime nage</u>	ai hammi katate dori - katate dori - yokomen uchi - ushiro ryote dori - katate ryote dori - toutes les applications sur la base shiho nage
<u>Uchi kaiten nage</u>	katate dori - shomen uchi - jodan tsuki - chudan tsuki - diverses applications
<u>Kokyu nage</u>	katate dori - diverses formes d'attaques
<u>Sokumen irimi nage</u>	katate dori - ushiro ryote dori - mae ryo kata dori - ushiro ryo kata dori - diverses formes d'attaques
<u>Yonkyo</u>	shomen uchi - yokomen uchi - katate dori - kata dori - diverses applications
<u>Kokyu ho</u>	katate ryote dori
<u>Gokyo</u>	yokomen uchi - shomen uchi
<u>Koshi nage</u>	ai hammi katate dori - katate dori - diverses formes d'attaques
<u>Hiji kime osae</u>	jodan tsuki - toutes les applications sur la base ikkyo ura - toutes les applications sur la base nikyo ura
<u>Jugi garami</u>	ushiro ryote dori - katate ryote dori
<u>Soto kaiten nage</u>	shomen uchi - diverses applications
<u>Sumi otoshi</u>	katate dori - diverses applications
<u>Aiki otoshi</u>	katate dori