



TECHNIQUES

Programme pour le passage de 2^{ème} Kyu

Suwari waza

Kokyu ho

ryote dori

Ikkyo

ai hammi katate dori - shomen uchi - katate dori - kata dori - yokomen uchi - ryo kata dori

Irimi nage

ai hammi katate dori - shomen uchi - katate dori - yokomen uchi

Nikyo

shomen uchi - katate dori - kata dori - yokomen uchi - ryo kata dori

Sankyo

shomen uchi - kata dori - yokomen uchi

Yonkyo

shomen uchi - yokomen uchi

Kote gaeshi

shomen uchi - katate dori

Gokyo

yokomen uchi

Hamni handachi waza

Shiho nage

katate dori - ryote dori

Uchi kaiten nage

katate dori

Irimi nage

shomen uchi

Kote gaeshi

shomen uchi

Soto kaiten nage

katate dori

Tachi waza

Ikkyo

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

Shiho nage

ai hammi katate dori - katate dori - yokomen uchi - ryote dori - ushiro ryote dori - shomen uchi - kata dori men uchi

Irimi nage

ai hammi katate dori - katate dori - shomen uchi - yokomen uchi - ushiro ryote dori - ryote dori - katate ryote dori - kata dori men uchi - chudan tsuki

Tenchi nage

katate dori - ryote dori

Nikyo

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

<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
<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
<u>Ude kime nage</u>	ai hammi katate dori - katate dori - yokomen uchi - ushiro ryote dori - katate ryote dori
<u>Uchi kaiten nage</u>	katate dori - shomen uchi
<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
<u>Yonkyo</u>	shomen uchi - yokomen uchi - katate dori - kata dori
<u>Kokyu ho</u>	katate ryote dori
<u>Gokyo</u>	yokomen uchi
<u>Koshi nage</u>	ai hammi katate dori - katate dori
<u>Hiji kime osae</u>	jodan tsuki
<u>Jugi garami</u>	ushiro ryote dori
<u>Soto kaiten nage</u>	shomen uchi
<u>Sumi otoshi</u>	katate dori
<u>Aiki otoshi</u>	katate dori