



TECHNIQUES

Programme pour le passage de 3^{ème} Kyu

Suwari waza

<u>Kokyu ho</u>	ryote dori
<u>Ikkyo</u>	ai hammi katate dori - shomen uchi - katate dori - kata dori
<u>Irimi nage</u>	ai hammi katate dori - shomen uchi
<u>Nikyo</u>	shomen uchi - katate dori - kata dori
<u>Sankyo</u>	shomen uchi
<u>Yonkyo</u>	shomen uchi
<u>Kote gaeshi</u>	shomen uchi

Hamni handachi waza

<u>Shiho nage</u>	katate dori
<u>Uchi kaiten nage</u>	katate dori
<u>Irimi nage</u>	shomen uchi

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
<u>Shiho nage</u>	ai hammi katate dori - katate dori - yokomen uchi - ryote dori - ushiro ryote dori
<u>Irimi nage</u>	ai hammi katate dori - katate dori - shomen uchi - yokomen uchi - ushiro ryote dori
<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
<u>Sankyo</u>	ai hammi katate dori - ushiro ryote dori - shomen uchi - yokomen uchi
<u>Kote gaeshi</u>	ai hammi katate dori - katate dori - shomen uchi - yokomen uchi - ushiro ryote dori - katate ryote dori
<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
<u>Kokyu nage</u>	katate dori - diverses formes d'attaques
<u>Sokumen irimi nage</u>	katate dori
<u>Yonkyo</u>	shomen uchi - yokomen uchi
<u>Kokyu ho</u>	katate ryote dori