



TECHNIQUES

Programme pour le passage de 5^{ème} Kyu

Suwari waza

Kokyu ho ryote dori

Tachi waza

Ikkyo ai hammi katate dori - shomen uchi

Shiho nage ai hammi katate dori - katate dori

Irimi nage ai hammi katate dori - katate dori

Tenchi nage katate dori