

2. KYU

Tachi Waza

Katate dori
Sankyo
Yonkyo
Ushi kaiten nage

Chudan tsuki
Ushi kaiten sankyo
Soto kaiten nage

Ryote dori
Irimi nage
Kokyu nage

Jodan tsuki
Shiho nage
Kote gaeshi
Soto kaiten nage

Shomen uchi
Yonkyo
Gokyo

Morote dori
Ikkyo
Nikyo

Yokomen uchi
Ikkyo
Ushi kaiten sankyo

Kata dori men uchi
Irimi nage
Kote gaeshi
Kokyu nage

JO

Katate gedan gaeshi, Katate toma uchi,
1er Kumijo

KEN

Kiri kaeshi (dr-g), Kote giri, Hasso

Vocabulaire / Demonstration

irimi-tenkan, omote-ura, ukemi,
shikko, 3e tai sabaki / irimi tenkan

Suwari Waza

Shomen uchi
Sankyo
Kote gaeshi

Ushiro Waza

Ryote dori
Ikkyo
Yonkyo
Shiho nage
Irimi nage
Kote gaeshi
Hiji kimeosae
Koshi nage

Kata dori
Sankyo

Ryo kata dori
Yonkyo

Katate dori kubishime
Nikyo
Sankyo

1. KYU

Tachi Waza

Yokomen uchi
Nikyo
Sankyo
Yonkyo
Gokyo
Koshi nage

Muna dori
Shiho nage
Ikkyo
Ushi kaiten nage

Jodan tsuki
Nikyo
Sankyo
Koshi nage

Kata dori men uchi
Ikkyo
Nikyo
Sankyo
Koshi nage

Mae geri
Irimi nage

JO

Hasso gaeshi uchi, Hasso gaeshi tsuki,
4e Kumijo

KEN

Shomen uchi 4/8 directions, Kurai dachi

Vocabulaire / Demonstration

te katana, ma-ai

Suwari Waza

Shomen uchi
Yonkyo
Soto kaiten nage

Ushiro Waza

Eri dori
Ikkyo
Nikyo
Sankyo
Irimi nage

Ryo hiji dori
Irimi nage
Kote gaeshi

Jodan tsuki
Ikkyo
Kote gaeshi

Katate dori kubishimi
Ikkyo

Ryo kata dori
Ikkyo

Ryo kata dori
Ikkyo
Nikyo
Sankyo
Irimi nage
Kote gaeshi