

## 5. KYU

### Tachi Waza

*Katate dori*  
*Shiho nage*

*Aihanmi katate dori*  
*Ikkyo*  
*Sankyo*  
*Shiho nage*  
*Irimi nage*  
*Kote gaeshi*  
*Uchi kaiten nage*

*Shomen uchi*  
*Ikkyo*  
*Irimi nage*

### Suwari Waza

*Shomen uchi*  
*Irimi nage*

JO

Choku tsuki, Kaeshi tsuki

KEN

Seigan kamae, Shomen uchi

**Vocabulaire / Demonstration**

kamae, migi, hidari, aihanmi,  
gyaku hanmi, uke, tori, onegaishimasu,  
domo arigato gozaimashita

## 4. KYU

### Tachi Waza

*Katate dori*  
*Ikkyo*  
*Shiho nage*  
*Udekime nage*  
*Tenchi nage*  
*Kokyu nage*

*Shomen uchi*  
*Ikkyo*  
*Nikyo*  
*Kote gaeshi*

*Chudan tsuki*  
*Irimi nage*  
*Kote gaeshi*

### Suwari Waza

*Shomen uchi*  
*Ikkyo*

*Kata dori*  
*Ikkyo*

JO

Ushiro tsuki, Tsuki gedan gaeshi,  
Tsuki jodan gaeshi uchi

KEN

Yokomen uchi, Tsuki, Mu gamae

**Vocabulaire / Demonstration**

rei, ayumi ashi - tsugi ashi - okuri ashi,  
1er tai sabaki / tenkai ashi

## 3. KYU

### Tachi Waza

*Ryote dori*  
*Ikkyo*  
*Shiho nage*  
*Udekime nage*  
*Tenchi nage*  
*Kote gaeshi*

*Morote dori*  
*Kote gaeshi*

*Shomen uchi*  
*Nikyo*  
*Uchi kaiten sankyo*

*Yokomen uchi*  
*Shiho nage*  
*Udekime nage*  
*Irimi nage*  
*Tenchi nage*  
*Kote gaeshi*

*Chudan tsuki*  
*Udekime nage*  
*Hiji kimeosae*

*Jodan tsuki*  
*Ikkyo*  
*Irimi nage*  
*Ushiro kiritoshi*

JO

Shomen uchikomi, Renzoku uchikomi,  
Menuchi gedan gaeshi, Menuchi ushiro tsuki,  
Gyaku yokomen ushiro tsuki

KEN

Kesa giri, Kaeshi kesa, Waki gamae

**Vocabulaire / Demonstration**

Tenkan-Tenshin-Tenkai, Tai sabaki,  
Katame-nage waza, 2e Tai sabaki / tenkan

### Hanmihandachi Waza

*Katate dori*  
*Ikkyo*  
*Shiho nage*  
*Uchi kaiten nage*

*Ryote dori*  
*Shiho nage*

### Suwari Waza

*Ryote dori*  
*Kokyu Ho*  
*Shomen Uchi*  
*Nikyo*

*Kata dori*  
*Nikyo*

*Ryo Kata dori*  
*Sankyo*