

6ème KYU

FORMES DE TRAVAIL	KOGEKIHO (attaques)	WAZA (techniques)
UKEMI (chutes)		ushiro ukemi (chute arrière)
		mae ukemi (chute avant)
TACHI WAZA (techniques debout)	Ai Hammi katate dori	Ikkyo (omote/ura)
		Shiho nage (omote/ura)
		Irimi nage
	Katate dori	kote gaeshi
		kokyu nage (omote/ura)
		Tenchi nage (omote)
	Uchi kaiten nage (omote)	

5ème KYU

FORMES DE TRAVAIL	KOGEKIHO (attaques)	WAZA (techniques)
SUWARI WAZA (techniques à genoux)		Shikko (déplacements à genoux)
		Irimi-tenkan en shikko (avancer et pivoter)
	Ryote dori	Kokyu ho
	Men uchi	Ikkyo (forme neutre)
TACHI WAZA (techniques debout)	Katate dori	Shiho nage (omote/ura)
		Tenchi nage (ura)
		Uchi kaiten nage (omote)
	Shomen uchi	Ikkyo (omote/ura)
		Nikyo (omote/ura)
		Kote gaeshi
	Irimi nage	

4ème KYU

FORMES DE TRAVAIL	KOGEKIHO (attaques)	WAZA (techniques)
SUWARI WAZA	Ai Hammi katate dori	Ikkyo (omote/ura)
		Nikyo (omote/ura)
		Irimi nage
	Kata dori	Ikkyo (omote/ura)
		Nikyo (omote/ura)
WAZA	Shomen uchi	Ikkyo (omote/ura)
		Nikyo (omote/ura)
		Irimi nage
TACHI WAZA	Ai Hammi katate dori	Nikyo (omote/ura)
		Sankyo (omote/ura)
		Kote gaeshi
		Ude kime nage (omote/ura)
	Katate dori	Ikkyo (omote/ura)
		Nikyo (omote/ura)
		Kote gaeshi
		Irimi nage
		Uchi kaiten nage (ura)
		kokyu nage (diverses formes)
		Ude kime nage (omote/ura)
		Sokumen Irimi nage (naname irimi nage)
	Kata dori	Ikkyo (omote/ura)
		Nikyo (omote/ura)
	Ryote dori	Shiho nage (omote/ura)
		Ude kime nage (omote/ura)
		Tenchi nage (omote/ura)
		Kokyu nage (diverses formes)
Shomen uchi	Sankyo (omote/ura)	
	Uchi kaiten sankyo	
Yokomen uchi	Shiho nage (omote/ura)	
	Ude kime nage (omote/ura)	
	Tenchi nage	

3ème KYU

FORMES DE TRAVAIL	KOGEKIHO	WAZA		
SUWARI WAZA	Ai Hammi katate dori	Sankyo (omote/ura) Yonkyo (omote/ura)		
	Katate dori	Ikkyo (omote/ura) Nikyo (omote/ura) Sankyo (omote/ura) Yonkyo (omote/ura)		
		Kata dori	Sankyo (omote/ura) Yonkyo (omote/ura)	
			Shomen uchi	Sankyo (omote/ura) Yonkyo (omote/ura) Kote gaeshi
		HANMI HANDACHI WAZA		Katate dori
				Shomen uchi
	TACHI WAZA	Katate dori	Shiho nage (omote/ura) Uchi kaiten nage (omote/ura)	
		Katate Ryote dori	Irimi nage	
			Ryote dori	Sankyo (omote/ura) Yonkyo (omote/ura) Ikkyo (omote/ura) Nikyo (omote/ura) Kote gaeshi Ude kime nage (omote/ura) Kokyu ho
		Shomen uchi		Ikkyo (omote/ura) Irimi nage Kote gaeshi
Yokomen uchi				Yonkyo(omote/ura) Gokyo Kokyu nage Ikkyo (omote/ura) Nikyo (omote/ura) Sankyo (omote/ura) Yonkyo (omote/ura) Gokyo Kote gaeshi
				Chudan tsuki
		Jodan tsuki		
			USHIRO WAZA	
Ikkyo (omote/ura) Nikyo (omote/ura) Kote gaeshi Shiho nage (omote/ura) Irimi nage Kokyu nage Ude kime nage (omote/ura) Hiji kime osae				

2ème KYU

SUWARI WAZA

Katate dori

Kote gaeshi
Irimi nage

Kata dori

Sankyo (omote/ura)

Ryo Kata dori

Ikkyo (omote/ura)
Nikyo (omote/ura)

Yokomen uchi

Ikkyo (omote/ura)
Nikyo (omote/ura)
Sankyo (omote/ura)
Yonkyo (omote/ura)
Irimi nage

HANMI HANDACHI WAZA

Katate dori

Soto kaiten nage (omote/ura)

Ryote dori

Shiho nage (omote/ura)

Shomen uchi

Kote gaeshi

TACHI WAZA

Ai Hammi katate dori

Koshi nage

Katate dori

Sankyo (omote/ura)
Yonkyo (omote/ura)
Sumi otoshi
Aiki otoshi
Koshi nage

Kata dori

Sankyo (omote/ura)
Yonkyo(omote/ura)

Ryote dori

Kote gaeshi
Irimi nage

Mae Ryo kata dori

Sokumen Irimi nage
Kokyu nage

Katate Ryote dori

Irimi nage

TACHI WAZA (suite)

Kata dori men uchi

Ikkyo (omote/ura)
Nikyo (omote/ura)
Sankyo (omote/ura)
Kote gaeshi
Shiho nage (omote/ura)
Irimi nage
Koshi nage

Muna dori

Ikkyo (omote/ura)
Shiho nage
Uchi kaiten sankyo

Shomen uchi

Shiho nage (omote/ura)
Soto kaiten nage (omote/ura)
Uchi kaiten nage (omote/ura)

Yokomen uchi

Gokyo
Koshi nage

Chudan tsuki

Ikkyo (omote/ura)
Irimi nage

Jodan tsuki

Nikyo
Sankyo
Hiji kime osae
Ushiro kiri otoshi

Ushiro Ryote dori

Sankyo
Yonkyo
Juji garami
Sokumen Irimi nage

Mae geri

Irimi nage

Ushiro Ryo Kata dori

Ikkyo (omote/ura)
Nikyo (omote/ura)
Sankyo (omote/ura)
Sokumen Irimi nage
Irimi nage
Kubi nage
Aiki otoshi

Ushiro Ryo hiji dori

Ikkyo (omote/ura)
Irimi nage
Kote gaeshi

1er KYU

<p>SUWARI WAZA</p> <p>Yokomen uchi Kote gaeshi</p> <p>HANMI HANDACHI WAZA</p> <p>Shomen uchi Ikkyo (omote/ura) Nikyo (omote/ura)</p> <p>Katate dori Nikyo (omote/ura)</p> <p>TACHI WAZA</p> <p>Katate Ryote dori Juji Garami</p> <p>Muna dori Ikkyo (omote/ura) Shiho nage (omote/ura) uchi kaiten sankyo</p> <p>Muna dori men uchi Ikkyo Nikyo Sankyo Koshi nage</p> <p>Shomen uchi Gokyo</p>	<p>TACHI WAZA (suite)</p> <p>Jodan tsuki Ikkyo (omote/ura) Nikyo (omote/ura) Sankyo (omote/ura) Shiho nage (omote/ura) Irimi nage Uchi Kaiten nage (omote/ura) Soto kaiten nage (omote/ura) Koshi nage</p> <p>Chudan tsuki Nikyo (omote/ura) Sankyo (omote/ura) Kote gaeshi Uchi Kaiten nage (omote/ura) Soto kaiten nage (omote/ura)</p> <p>USHIRO WAZA</p> <p>Ushiro eri dori Ikkyo Sankyo Irimi nage</p> <p>Ushiro Katate dori kubi shime Ikkyo Kote gaeshi Shiho nage (omote/ura)</p> <p>Techniques diverses Ikkyo - Nikyo - Sankyo - Yonkyo - Kaiten nage - Sumi otoshi Koshi nage - Sokumen Irimi nage sur diverses saisies et frappes</p> <p>Toutes les applications de : Ude kime nage à partir de la base Shiho nage Hiji kime osae à partir de la base Ikkyo et Nikyo ura</p>
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