

Passage du 1er kyu

Objectifs

- . Faire le bilan des connaissances techniques
- . Travailler le rythme
- . Travailler la condition physique

Suwari Waza	Ai Hanmi Katate Dori	Ikkyo Nikyo Sankyo Yonkyo Irimi Nage Kote Gaeshi
	Ryote Dori Kata Dori	Kokyu Nage Ikkyo Nikyo Sankyo Yonkyo Irimi Nage
	Shomen Uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi Nage Kote Gaeshi Soto Kaiten Nage
	Yokomen Uchi	Kokyu Nage Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi Nage Kote Gaeshi
	Jodan Tsuki	Ikkyo Nikyo Sankyo Yonkyo Irimi Nage
Hanmi Handachi Waza	Gyaku Hanmi Katate Dori	Ikkyo Nikyo Sankyo Yonkyo Irimi Nage Shiho Nage Kote Gaeshi Uchi Kaiten Nage Soto Kaiten Nage Sumi Otoshi

	Ryote Dori	Kokyu Nage Irimi Nage Shiho Nage Kote Gaeshi Kokyu Nage
	Ushiro Ryo Kata Dori	Ikkyo Kote Gaeshi Kokyu Nage
Tachi Waza	Ai Hanmi Katate Dori	Ikkyo Nikyo Sankyo Yonkyo Irimi Nage Shiho Nage Kote Gaeshi Ude Kime Nage Sumi Otoshi Irimi Kokyu Nage Hiji Kime Osae Koshi Nage Kokyu Nage
	Gyaku Hanmi Katate Dori	Ikkyo Nikyo Sankyo Yonkyo Irimi Nage Shiho Nage Kote Gaeshi Ude Kime Nage Uchi Kaiten Nage Soto Kaiten Nage Sumi Otoshi Irimi Kokyu Nage Ude Garami
	Ryote Dori	Ikkyo Nikyo Sankyo Yonkyo Irimi Nage Shiho Nage Kote Gaeshi Ude Kime Nage Sumi Otoshi Irimi Kokyu Nage Aiki Otoshi Koshi Nage Kokyu Nage
	Ryo Katate Dori	Ikkyo Nikyo Irimi Nage

	Shiho Nage
	Kote Gaeshi
	Ude Kime Nage
	Irimi Kokyu Nage
	Juji Garami
	Koshi Nage
	Kokyu Nage
Kata Dori	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Irimi Nage
	Irimi Kokyu Nage
	Kokyu Nage
Ryo Kata Dori	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Irimi Nage
	Shiho Nage
	Kokyu Nage
Shomen Uchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Gokyo
	Irimi Nage
	Shiho Nage
	Kote Gaeshi
	Ude Kime Nage
	Soto Kaiten Nage
	Sumi Otoshi
	Irimi Kokyu Nage
	Koshi Nage
	Kokyu Nage
Yokomen Uchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Gokyo
	Irimi Nage
	Shiho Nage
	Kote Gaeshi
	Irimi Kokyu Nage
	Koshi Nage
	Kokyu Nage
Chudan Tsuki	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Irimi Nage

		Shiho Nage
		Kote Gaeshi
		Ude Kime Nage
		Soto Kaiten Nage
		Sumi Otoshi
		Irimi Kokyu Nage
		Hiji Kime Osae
		Kiri Otoshi
		Kokyu Nage
	Jodan Tsuki	Ikkyo
		Irimi Nage
		Kokyu Nage
	Muna Dori	Ikkyo
		Shiho Nage
		Kote Gaeshi
		Irimi Kokyu Nage
	Kata Dori Menuchi	Ikkyo
		Irimi Nage
		Shiho Nage
		Kote Gaeshi
Ushiro Waza		
	Ryote Dori	Ikkyo
		Nikyo
		Irimi Nage
		Shiho Nage
		Kote Gaeshi
		Irimi Kokyu Nage
		Koshi Nage
		Kokyu Nage
	Ryo Kata Dori	Ikkyo
		Aiki Otoshi
		Kokyu Nage
	Kubi Shime	Ikkyo
		Irimi Nage
		Shiho Nage
		Kote Gaeshi
	Eri Dori	Ikkyo
		Irimi Nage