

Passage du 4e kyu

Objectifs	. Etendre ses connaissances techniques . Améliorer le travail d'uke										
Suwarï Waza	<table> <tr> <td>Aï Hanmi Katate Dori</td> <td>Ikkyo Nikyo Sankyo Irimi Nage Kote Gaeshi</td> </tr> <tr> <td>Ryote Dori Kata Dori</td> <td>Kokyu Nage Ikkyo Nikyo Sankyo Irimi Nage</td> </tr> <tr> <td>Shomen Uchi</td> <td>Ikkyo Nikyo Sankyo Gokyo Irimi Nage Kote Gaeshi Soto Kaiten Nage</td> </tr> <tr> <td>Yokomen Uchi</td> <td>Kokyu Nage Ikkyo Nikyo Sankyo Gokyo Irimi Nage Kote Gaeshi</td> </tr> <tr> <td>Jodan Tsuki</td> <td>Ikkyo Nikyo Sankyo Irimi Nage</td> </tr> </table>	Aï Hanmi Katate Dori	Ikkyo Nikyo Sankyo Irimi Nage Kote Gaeshi	Ryote Dori Kata Dori	Kokyu Nage Ikkyo Nikyo Sankyo Irimi Nage	Shomen Uchi	Ikkyo Nikyo Sankyo Gokyo Irimi Nage Kote Gaeshi Soto Kaiten Nage	Yokomen Uchi	Kokyu Nage Ikkyo Nikyo Sankyo Gokyo Irimi Nage Kote Gaeshi	Jodan Tsuki	Ikkyo Nikyo Sankyo Irimi Nage
Aï Hanmi Katate Dori	Ikkyo Nikyo Sankyo Irimi Nage Kote Gaeshi										
Ryote Dori Kata Dori	Kokyu Nage Ikkyo Nikyo Sankyo Irimi Nage										
Shomen Uchi	Ikkyo Nikyo Sankyo Gokyo Irimi Nage Kote Gaeshi Soto Kaiten Nage										
Yokomen Uchi	Kokyu Nage Ikkyo Nikyo Sankyo Gokyo Irimi Nage Kote Gaeshi										
Jodan Tsuki	Ikkyo Nikyo Sankyo Irimi Nage										
Hanmi Handachi Waza	<table> <tr> <td>Gyaku Hanmi Katate Dori</td> <td>Ikkyo Irimi Nage Shiho Nage Kote Gaeshi Uchi Kaiten Nage Soto Kaiten Nage Sumi Otoshi Kokyu Nage</td> </tr> <tr> <td>Ryote Dori</td> <td>Irimi Nage Shiho Nage</td> </tr> <tr> <td>Ushiro Ryo Kata Dori</td> <td>Kokyu Nage</td> </tr> </table>	Gyaku Hanmi Katate Dori	Ikkyo Irimi Nage Shiho Nage Kote Gaeshi Uchi Kaiten Nage Soto Kaiten Nage Sumi Otoshi Kokyu Nage	Ryote Dori	Irimi Nage Shiho Nage	Ushiro Ryo Kata Dori	Kokyu Nage				
Gyaku Hanmi Katate Dori	Ikkyo Irimi Nage Shiho Nage Kote Gaeshi Uchi Kaiten Nage Soto Kaiten Nage Sumi Otoshi Kokyu Nage										
Ryote Dori	Irimi Nage Shiho Nage										
Ushiro Ryo Kata Dori	Kokyu Nage										
Tachi Waza	<table> <tr> <td>Aï Hanmi Katate Dori</td> <td>Ikkyo Nikyo Irimi Nage Shiho Nage</td> </tr> </table>	Aï Hanmi Katate Dori	Ikkyo Nikyo Irimi Nage Shiho Nage								
Aï Hanmi Katate Dori	Ikkyo Nikyo Irimi Nage Shiho Nage										

	Kote Gaeshi
	Ude Kime Nage
	Irimi Kokyu Nage
	Kokyu Nage
Gyaku Hanmi Katate Dori	Ikkyo
	Nikyo
	Irimi Nage
	Shiho Nage
	Kote Gaeshi
	Ude Kime Nage
	Sumi Otoshi
	Irimi Kokyu Nage
Ryote Dori	Ikkyo
	Irimi Nage
	Irimi Kokyu Nage
	Kokyu Nage
Ryo Katate Dori	Ikkyo
	Irimi Nage
Kata Dori	Ikkyo
	Nikyo
	Sankyo
	Irimi Nage
	Irimi Kokyu Nage
	Kokyu Nage
Ryo Kata Dori	Ikkyo
	Kokyu Nage
Shomen Uchi	Ikkyo
	Irimi Nage
	Shiho Nage
	Kote Gaeshi
	Ude Kime Nage
	Sumi Otoshi
	Kokyu Nage
Yokomen Uchi	Ikkyo
	Irimi Nage
	Shiho Nage
	Irimi Kokyu Nage
	Kokyu Nage
Chudan Tsuki	Ikkyo
	Irimi Nage
	Kote Gaeshi
	Ude Kime Nage
	Sumi Otoshi
	Irimi Kokyu Nage
	Kiri Otoshi
Jodan Tsuki	Ikkyo
	Irimi Nage
Kata Dori Menuchi	Ikkyo
Ushiro Waza	
Ryote Dori	Ikkyo
	Irimi Nage

Ryo Kata Dori

Shiho Nage
Kote Gaeshi
Irimi Kokyu Nage
Ikkyo
Kokyu Nage