



## PROGRAMME PAR CEINTURES



	<b>Blanche</b>	<b>Jaune</b>	<b>Orange</b>	<b>Verte</b>	<b>Bleue</b>	<b>Marron</b>
Techniques de défense	Gédan Barai Age uke	Soto uke Shuto uke Yoko uke	Morote uke Osae uke	Haishu uke Kosa uke Teisho uke	Kakiwake uke Nagashi uke Otoshi uke Empi uke	Sukui uke Nami ashi uke
Techniques de bras	Oi tsuki Gyaku tsuki	Uraken uchi Tetsui uchi	Nukite Shuto uchi	Ushiro empi Age empi Yoko empi Otoshi empi	Ura tsuki Mawashi tsuki	Haito uchi Yama tsuki Teisho uchi Morote tsuki
Techniques de jambes	Mae geri	Mawashi geri	Yoko geri	Fumikomi geri Mikazuki geri Ushiro geri	Mae tobi geri Ura mawashi geri	Hiza geri Ura mikazuki geri Ushiro mawashi geri Kakato geri
positions	Zen kutsu dashi Neko ashi dashi Moto dashi	Shiko dashi	Kokutsu dashi	Kosa dashi	Sanchin dashi Reinoji dashi	Fudo dashi
déplacements	Ayumi ashi Hiki ashi	Tsugi ashi Yori ashi	Mawari ashi	Ushiro mawari ashi		
katas	Pinan nidan	+Pinan shodan	+Pinan sandan	+ Pinan yodan	+ Pinan godan	+ Naifanchi shodan
Assauts conventionnels en kihon ippon kumité	Oi tsuki jodan + chudan + Mae géri	+ mawashi géri	+ gyaku tsuki	+ yoko geri	+ kisami mae geri et kisami mawashi geri	+ les mêmes techniques en jyu ippon kumité

