



Passage de Grade - Programme

Passage pour Ceinture bleue (Kyu 4)

1. Kihon

1.1 Dachi (Positions)

1. Heisoku Dachi
2. Musubi Dachi
3. Hachiji Dachi (Heiko Dachi, Yohi)
4. Hidari / Migi Gamae
5. Hidari / Migi Hanmi Gamae
6. Zenkutsu Dachi
7. Fudo dachi
8. Kiba Dachi
9. Shiko Dachi
10. Nekoashi Dachi
11. Hamni No Nekoachi Dachi
12. Mahamni No Nekoachi Dachi

1.2 Unsoku (Deplacements)

1. Ayumi Ashi
2. Hiki Ashi
3. Yori Ashi
4. Hiki Yori Ashi
5. Surikomi
6. Tsugi Ashi
7. Hiki Tsugi Ashi
8. Mawari Ashi

1.3 Tsuki, Keri & Uchi Waza (Attaques)

1. Junzuki - Mawate Jodan Age Uke
2. Kette Junzuki - Mawate Jodan Age Uke
3. Junzuki No Tsukomi - Mawate Jodan Age Uke
4. Gyakuzuki - Mawate Gedan Barai
5. Kette Gyakuzuki - Mawate Gedan Barai
6. Gyakuzuki No Tsukomi - Mawate Gedan Barai
7. Tobikomizuki
8. Nagashizuki
9. Uraken
10. Tetsui
11. Teisho Age Uchi
12. Empi
13. Shuto Uchi
14. Maegeri
15. Surikomi Maegeri
16. Yokogeri



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17. Hizageri
18. Sokuto Fumikiri
19. Sokuto
20. Surikomi Sokuto
21. Mawashigeri
22. Surikomi Mawashigeri
23. Ushirogeri

1.4 Uke Waza (Défenses)

1. Jodan Age Uke
2. Gedan Barai
3. Shuto Uke
4. Uchi Uke
5. Soto Uke
6. Otoshi Ude Uke
7. Sukui Uke
8. Sotoharai Uke
9. Uchiharai Uke

2. Renzoku Waza (Techniques combinées)

1. Chudan Maegeri – Jodan Nagashizuki – Chudan Gyaku Zuki
2. Surikomi Chudan Maegeri – Jodan Nagashizuki – Chudan Mawashi Geri
3. Chudan Maegeri – Sokuto Fumikiri – Gedan Ushirogeri – Chudan Gyakuzuki
4. Surikomi Sokuto Fumikomi – Chudan Ushirogeri Chudan – Jodan Uraken
5. Chudan Mawashi Geri – Ushiro Geri Hiza – Chudan Gyaku Zuki
6. Kette Junzuki – Hiki Ashi Gedan Barai – Hiki Yori Uchi Uke – Mawari Ashi Chudan Ushirogeri – Jodan Uraken – Chudan Gyakuzuki

3. Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yodan

4. Yakusoku Kumité

4.1 Ippon Kumité

Ippon Kumité 1-4

4.3 Sanbon Kumité

1. Jodan Jyuiji Uke - Chudan Zuki resp. Jodan Mawashigeri
2. Chudan Uchi Uke - Otoshi Uke Nihonme - Fumikiri - Empi



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4.4 Kihon Kumité

Ipponme (1)

5. Jiyu Kumité