



Passage de Grade - Programme

Passage pour Ceinture marron (Kyu 1)

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 Nekoashi Dachi
12. Mahamni No Nekoashi Dachi
13. Naihanchi Dachi
14. Seishan Dachi
15. Tate Seishan 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



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14. Maegeri
15. Surikomi Maegeri
16. Yokogeri
17. Hizageri
18. Sokuto Fumikiri
19. Sokuto
20. Surikomi Sokuto
21. Mawashigeri
22. Surikomi Mawashigeri
23. Uramawashigeri
24. Ushirogeri
25. Maetobigeri

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
10. Jyuji Uke

2. Renzoku Waza (Techniques combinées)

1. Zenshinshite Jodan / Chudan Renzuki – Surikomi Chudan Maegeri – Chudan Mawashi Geri Chudan – Ushiro Geri Chudan – Gyaku Zuki Chudan
2. Surikomi Jodan / Chudan Renzuki – Chudan Surikomi Maegeri – Chudan Mawashigeri – Chudan Ushirogeri – Uraken Jodan – Mawashi Geri Yodan
3. Zenshinshite Jodan / Chudan Renzuki – Chudan Maegeri – Jodan Nagashizuki – Chudan Gyakuzuki – Chudan Mawashigeri
4. Yori Ashi Chudan Uraken – Yori Ashi Jodan Uraken – Chudan Gyaku Zuki – Surikomi Ashi Barai – Ushiro Geri – Jodan Uraken – Chudan Gyaku Zuki

3. Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yodan
5. Pinan Godan
6. Kushanku
7. Naihanchi

4. Yakusoku Kumité



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4.4 Kihon Kumité

- Ipponme (1)
- Nihonme (2)
- Sanbonme (3)
- Yonhonme (4)
- Gohonme (5)

4.5 Ohyo Kumité

- Ipponme (1)
- Nihonme (2)
- Sanbonme (3)
- Yonhonme (4)
- Gohonme (5)

5. Jiyu Kumité