



Passage de Grade - Programme

Passage pour Ceinture marron (Kyu 3)

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. Uramawashigeri
24. 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
10. Jyuji Uke

2. Renzoku Waza (Techniques combinées)

1. Kette Junzuki – Hiki Ashi Gedan Barai – Hiki Yori Uchi Uke – Mawari Ashi Chudan Ushirogeri – Jodan Uraken – Chudan Gyakuzuki
2. Chudan Maegeri – Jodan Nagashizuki – Chudan Gyakuzuki – Chudan Mawashigeri
3. Surikomi Chudan Maegeri – Sokuto Fumikomi – Chudan Ushirogeri – Jodan Uraken
4. Surikomi Chudan Maegeri – Chudan Mawashigeri – Chudan Ushirogeri – Jodan Uraken

3. Kata

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

4. Yakusoku Kumité

4.2 Nihon Kumité

Nihon Kumité 1-4



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4.4 Kihon Kunité

1. Ipponme (1)
2. Nihonme (2)
3. Sanbonme (3)

4.5 Ohyo Kunité

1. Ipponme (1)

5. Jiyu Kunité