



Passage de Grade - Programme

Passage pour Ceinture orange (Kyu 6)

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

1.2 Unsoku (Deplacements)

1. Ayumi Ashi
2. Hiki Ashi
3. Yori Ashi
4. Hiki Yori Ashi
5. Surikomi

1.3 Tsuki, Keri & Uchi Waza (Attaques)

1. Junzuki - Mawate Jodan Age Uke
2. Kette Junzuki - Mawate Jodan Age Uke
3. Gyakuzuki - Mawate Gedan Barai
4. Kette Gyakuzuki - Mawate Gedan Barai
5. Tobikomizuki
6. Tetsui
7. Empi
8. Maegeri
9. Surikomi Maegeri
10. Sokuto Fumikiri
11. Sokuto
12. Mawashigeri

1.4 Uke Waza (Défenses)

1. Jodan Age Uke
2. Gedan Barai
3. Shuto Uke
4. Uchi Uke



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2. Renzoku Waza (Techniques combinées)

1. Chudan Maegeri – Tobikomzuki
2. Surikomi Chudan Maegeri – Tobikomizuki
3. Chudan Maegeri – Jodan Mawashigeri – Chudan Gyakuzuki

3. Kata

1. Pinan Nidan
2. Pinan Shodan

4. Yakusoku Kunité

4.3 Sanbon Kunité

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Nihonme
5. Chudan Maegeri Uke Sanbonme
6. Chudan Maegeri Uke Yonhonme

5. Jiyu Kunité