



Passage de Grade - Programme

Passage pour Ceinture verte (Kyu 5)

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

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

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. Uraken
9. Tetsui
10. Empi
11. Maegeri
12. Surikomi Maegeri
13. Sokuto Fumikiri
14. Sokuto
15. Surikomi Sokuto
16. Mawashigeri
17. Surikomi Mawashigeri



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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

2. Renzoku Waza (Techniques combinées)

1. Hiki Ashi Shuto Uke – Mae No Maegeri – Tobikomizuki – Ayumi ashi Chudan Maegeri – Junzuki no tsukomi
2. Hiki Ashi Shikkake Uke (Hanmi No Nekoashi Dachi) – Mae No Mawashi Geri – Ayumi Ashi Jodan Empi
3. Ayumi Ashi Renzuki – Hiki Ashi Jodan Age Uke – Yoko Tetsui – Surikomi Chudan Mawashigeri – Jodan Uraken – Chudan Gyakuzuki
4. Hiki Ashi Shikkake Uke (Hanmi No Nekoashi Dachi) – Mae No Maegeri – Yoko Age Zuki (Shiko Dachi) - Chudan Gyaku Nukite

3. Kata

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

4. Yakusoku Kumité

4.3 Sanbon Kumité

1. Jodan Uke Sanbonme
2. Jodan Uke Yonhonme
3. Chudan uchi Uke – Otoshi Uke Ipponme
4. Chudan Soto Uke - Maki Uke Ipponme

5. Jiyu Kumité