

PROGRAMME CEINTURE BLEUE 2^e KYU

TACHI WAZA (debout)	USHIRO WAZA (arrière)
<p style="text-align: center;">YOKOMEN UCHI</p> <ul style="list-style-type: none"> ● NIKYO (O-U) ● SANKYO ● YONKYO ● GOKYO ● KOSHI NAGE <p style="text-align: center;">MUNA DORI</p> <ul style="list-style-type: none"> ● IKKYO ● SHIHO NAGE ● UCHI KAITEN SANKYO <p style="text-align: center;">KATA DORI MEN UCHI</p> <ul style="list-style-type: none"> ● SHIHO NAGE ● KOTE GAESHI ● IRIMI NAGE ● KOSHI NAGE ● IKKYO <p style="text-align: center;">JODAN TSUKI</p> <ul style="list-style-type: none"> ● NI KYO ● SAN KYO <p style="text-align: center;">MAEGERI</p> <ul style="list-style-type: none"> ● IRIMI NAGE 	<p style="text-align: center;">ERI DORI</p> <ul style="list-style-type: none"> ● IKKYO <p style="text-align: center;">RYO KATA DORI</p> <ul style="list-style-type: none"> ● IK KYO ● NI KYO ● SAN KYO ● IRIMI NAGE ● KOTE GAESHI <p style="text-align: center;">RYO HIJI DORI</p> <ul style="list-style-type: none"> ● KOTE GAESHI ● IRIMI NAGE <p style="text-align: center;">KATATE DORI KUBI SHIME</p> <ul style="list-style-type: none"> ● IK KYO
	SUWARI WAZA (genoux)
	<p style="text-align: center;">SHOMEN UCHI</p> <ul style="list-style-type: none"> ● YON KYO ● SOTO KAETEN NAGE <p style="text-align: center;">RYO KATA DORI</p> <ul style="list-style-type: none"> ● IK KYO <p style="text-align: center;">CHUDAN STUKI</p> <ul style="list-style-type: none"> ● KOTE GAESHI <p style="text-align: center;">JODAN TSUKI</p> <ul style="list-style-type: none"> ● IK KYO