

PROGRAMME CEINTURE **JAUNE** 5^e KYU

TACHI WAZA (debout)	SUWARI WAZA (a genoux)
<p style="text-align: center; color: blue; font-weight: bold;">AIHANMI KATATE DORI</p> <ul style="list-style-type: none"> ● IKKYO (O-U) ● SANKYO ● IRIMI NAGE (O-U) ● KOTE GAESHI ● SHIHO NAGE (O-U) ● UCHI KAIETEN NAGE <p style="text-align: center; color: blue; font-weight: bold;">SHOMEN UCHI</p> <ul style="list-style-type: none"> ● IKKYO (O-U) ● NI KYO (O-U) ● KOTE GAESHI ● IRIMI <p style="text-align: center; color: blue; font-weight: bold;">CHUDAN TSUKI</p> <ul style="list-style-type: none"> ● IRIMI NAGE (O-U) ● KOTE GAESHI (O-U) <p style="color: blue; font-weight: bold;">KATATE DORI (gyaku-hanmi katate dori)</p> <ul style="list-style-type: none"> ● IKKYO (O-U) ● SHIHO NAGE (O-U) ● TENCHI NAGE ● UDE KIMI NAGE (O-U) ● KOKYU NAGE × UCHI KAETEN NAGE × IRIMI NAGE × KOTE GAESHI 	<p style="text-align: center; color: blue; font-weight: bold;">RYOTE DORI</p> <ul style="list-style-type: none"> × KOKYU HO <p style="text-align: center; color: blue; font-weight: bold;">KATADORI</p> <ul style="list-style-type: none"> ● IKKYO (O-U) <p style="text-align: center; color: blue; font-weight: bold;">SHOMEN UCHI</p> <ul style="list-style-type: none"> ● IKKYO (O-U)

A savoir : Educatifs : irimi – tenkan - tai sabaki - shiko

Ukemi : chute avant (omote) – chute arrière (ura)

× facultatif hors programme