

PROGRAMME CEINTURE **MARRON** 1^e KYU

TACHI WAZA (debout)	USHIRO WAZA (arrière)
<p style="text-align: center; color: blue;">MUNA DORI MENUCHI</p> <ul style="list-style-type: none"> ● IKKYO ● NIKYO ● SANKYO ● KOSHI NAGE <p style="text-align: center; color: blue;">JODAN TSUKI</p> <ul style="list-style-type: none"> ● YONKYO ● KOSHI NAGE ● IRIMI NAGE ● SHIHO NAGE ● SOTO KAITEN NAGE ● USHIRO KIRI OTOSHI 	<p style="text-align: center; color: blue;">RYOTE DORI</p> <ul style="list-style-type: none"> ● YONKYO ● KOKYU NAGE ● KOSHI NAGE <p style="text-align: center;">KATATE DORI KUBI SHIME</p> <ul style="list-style-type: none"> ● SANKYO ● NIKYO <p style="text-align: center;">ERI DORI</p> <ul style="list-style-type: none"> ● NIKYO ● SANKYO ● IRIMI NAGE
	HANMIHAN DACHI WAZA
	<p style="text-align: center; color: blue;">KATATE DORI</p> <ul style="list-style-type: none"> ● SHIHO NAGE (O-U) ● UCHI KAITEN NAGE ● IKKYO <p style="text-align: center; color: blue;">RYOTE DORI</p> <ul style="list-style-type: none"> ● SHIHO NAGE
	SUWARI WAZA (a genoux)
	<p style="text-align: center; color: blue;">RYO KATA DORI</p> <ul style="list-style-type: none"> ● SANKYO ● YONKYO <p style="text-align: center; color: blue;">KATA DORI MEN UCHI</p> <ul style="list-style-type: none"> ● IRIMI NAGE ● KOTE GAESHI ● KOKYU NAGE