

# PROGRAMME CEINTURE **ORANGE** 4<sup>e</sup> KYU

TACHI WAZA (debout)	SUWARI WAZA (a genoux)
<p style="text-align: center;"><b>AIHANMI KATATE DORI</b></p> <ul style="list-style-type: none"> <li>● UDE KIMI NAGE</li> <li>● UCHI KAETEN NAGE</li> </ul> <p style="text-align: center;"><b>SHOMEN UCHI</b></p> <ul style="list-style-type: none"> <li>● SAN KYO (O-U)</li> <li>● UCHI KAETEN SANKYO</li> </ul> <p style="text-align: center;"><b>YOKOMEN</b></p> <ul style="list-style-type: none"> <li>● SHIHO NAGE (O-U)</li> <li>● IRIMI NAGE (O-U)</li> <li>● TENCHI NAGE</li> <li>● KOTE GAESHI</li> <li>● UDE KIMI NAGE</li> </ul> <p style="text-align: center;"><b>CHUDAN TSUKI</b></p> <ul style="list-style-type: none"> <li>● UDE KIMI NAGE</li> <li>● HIJI KIMEOSAE</li> </ul> <p style="text-align: center;"><b>JODAN TSUKI</b></p> <ul style="list-style-type: none"> <li>● IK KYO (O-U)</li> </ul> <p style="text-align: center;"><b>RYOTE DORI</b></p> <ul style="list-style-type: none"> <li>● IK KYO (O-U)</li> <li>● SHIHO NAGE (O-U)</li> <li>● TENCHI NAGE</li> <li>● UDE KIMI NAGE</li> </ul> <p style="text-align: center;"><b>KATATE DORI</b></p> <ul style="list-style-type: none"> <li>● NI KYO (O-U)</li> <li>× SAN KYO</li> <li>× UDE KIMI NAGE</li> </ul> <p style="text-align: center;"><b>KATATE RYOTE DORI</b></p> <ul style="list-style-type: none"> <li>● KOTE GAESHI</li> <li>× IK KYO</li> <li>× SHIHO NAGE</li> <li>× UDE KIMI NAGE</li> <li>× KOKYU NAGE</li> </ul>	<p style="text-align: center;"><b>SHOMEN UCHI</b></p> <ul style="list-style-type: none"> <li>● NI KYO (O-U)</li> </ul> <p style="text-align: center;"><b>KATADORI</b></p> <ul style="list-style-type: none"> <li>● NI KYO (O-U)</li> <li>× IK KYO</li> <li>× SAN KYO</li> </ul>

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