

ASSAGE DE LA CEINTURE BLANCHE /JAUNE

*** *KIHON* ***

UNSOKU – Déplacement

AYUMI ASCHI

DACHI - Position

ZEN KUTSU DACHI

MUSUBI DACHI

UKE WAZA - Défense

JODAN AGE UKE

GEDAN BARAI

TSUKI WAZA – Frappe de poing

OÏ ZUKI

GERI WAZA – Coup de pied

MAE GERI

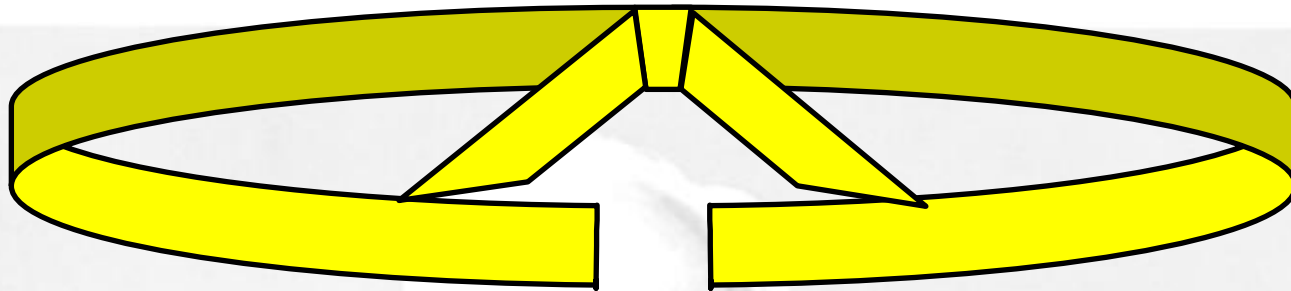
*** *KATA* ***

TAIKOKYU SHODAN

TAIKOKYU NIDAN

*** *KUMITE* ***

JU KUMITE



PASSAGE DE LA CEINTURE JAUNE - 5^{IÈME} KYŪ

*** *KIHON* ***

UNSOKU – Déplacement

AYUMI ASCHI

IKI ASCHI

DACHI - Position

ZEN KUTSU DACHI

KOKUTSU DACHI

UKE WAZA - Défense

JODAN AGE UKE

SHUTO UDE UKE

GEDAN BARAI

TSUKI WAZA – Frappe de poing

OI ZUKI

GYAKU ZUKI

GERI WAZA – Coup de pied

MAE GERI

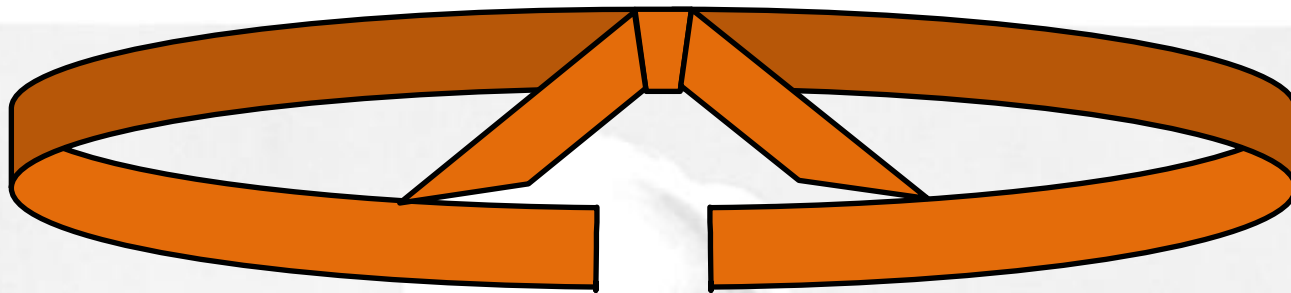
MAWASHI GERI

*** *KATA* ***

HEIAN SHODAN

*** *KUMITE* ***

JU KUMITE



PASSAGE DE LA CEINTURE ORANGE – 4^{ÈME} KYŪ

*** KIHON ***

UNSOKU – Déplacement

AYUMI ASCHI
IKI ASCHI
YORI ASCHI

DACHI - Position

ZEN KUTSU DACHI
KOKUTSU DACHI
KIBA DACHI

TSUKI WAZA – Frappe de poing

OÏ ZUKI
GYAKU ZUKI
MAETE ZUKI

UCHI WAZA - Percussion

NUKITE

UKE WAZA - Défense

JODAN AGE UKE
UTCHI UDE UKE
SOTO UDE UKE
SHUTO UDE UKE
GEDAN BARAÏ

GERI WAZA – Coup de pied

MAE GERI
MAWASHI GERI
YOKO GERI

*** KATA ***

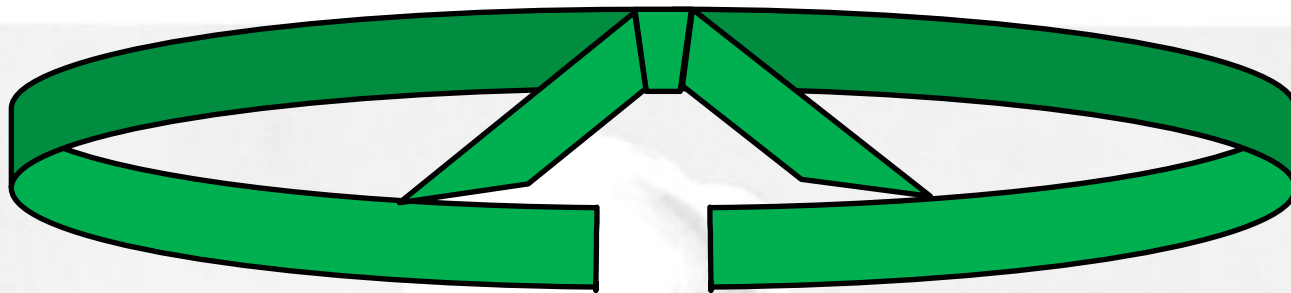
HEIAN SHODAN
HEIAN NIDAN

*** KUMITE ***

JU KUMITE
SAMBON KUMITE

*** AUTRE ***

Connaitre les ordres du SALUT



PASSAGE DE LA CEINTURE VERTE – 3^{ÈME} KYŪ

*** KIHON ***

UNSOKU – Déplacement

Programme ORANGE +
TSUGI ASCHI
OKURI ASCHI

DACHI - Position

Programme ORANGE +
FUDO DACHI
KOSA DACHI

UKE WAZA - Défense

Programme ORANGE +
MOROTE UDE UKE
JUJI UKE

TSUKI WAZA – Frappe de poing

Programme ORANGE +
URA ZUKI
KIZAMI ZUKI
TATE ZUKI

GERI WAZA – Coup de pied

Programme ORANGE +
MIKAZUKI GERI
URA MAWASHI GERI

UCHI WAZA - Percussion

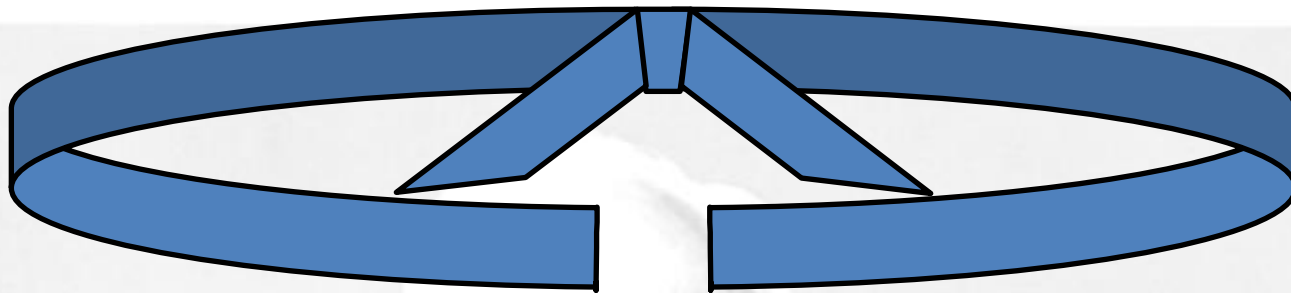
URAKEN UCHI
EMPI UCHI
TEISHO UCHI
TETSUI UCHI

*** KATA ***

HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN

*** KUMITE ***

JU KUMITE
KIHON IPPON KUMITE



PASSAGE DE LA CEINTURE BLEUE - 2^{ÈME} KYŪ

*** KIHON ***

UNSOKU – Déplacement

Programme VERTE +
MAWARI ASCHI
USHIRO MAWARI ASCHI

DACHI - Position

Programme VERTE +
SHIKO DACHI
NEKO ASCHI DACHI

UKE WAZA - Défense

Programme VERTE +
KAKIWAKE UKE
TEISHO UKE
NAGASHI UKE

TSUKI WAZA – Frappe de poing

Programme VERTE +
KAGI TSUKI
MAWASHI TSUKI
AGE TSUKI

GERI WAZA – Coup de pied

Programme VERTE +
ISHA GERI
KAKATO GERI

UCHI WAZA - Percussion

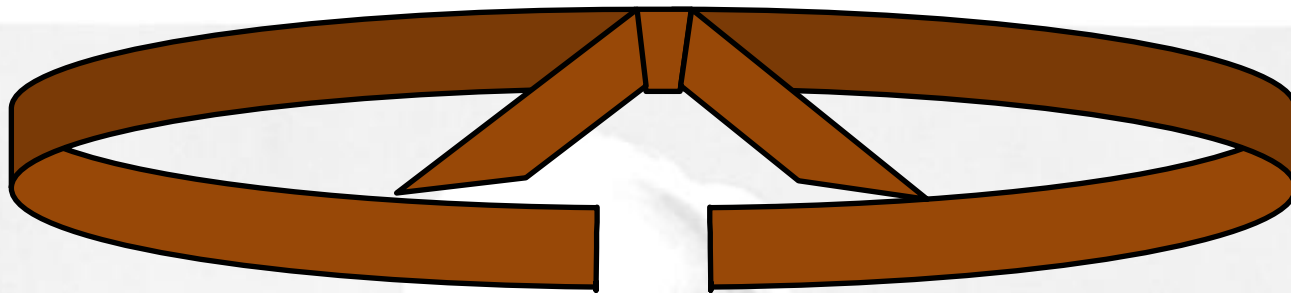
Programme VERTE +
SHUTO UCHI
HEITO UCHI

*** KATA ***

HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YODAN
HEIAN GODAN

*** KUMITE ***

JU KUMITE
KIHON IPPON KUMITE
BUNKAÏ



PASSAGE DE LA CEINTURE MARRON – 1^{ER} KYU

*** KIHON ***

Toute la liste

*** KATA ***

HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YODAN
HEIAN GODAN
TEKKI SHODAN
BASSAI DAÏ

*** KUMITE ***

JU KUMITE
KIHON IPPON KUMITE
JYU IPPON KUMITE
BUNKAÏ