

## Programme Kyu

GRADES	FORMES DE TRAVAIL	ATTAQUES	ikk yo	nik yo	sa nk o	yo nk yo	go nk yo	shi ho o na ge	ud e ki m e na ge	ko te ge as hi	iri mi na ge	na na m e na ge	us hir o kiri ot shi	us hi kai te n na ge	so to kai te n	ud e ga ra mi	ko ky u na ge	juji ga ra mi	te nc hi na ge	su mi ot os hi	aik i ot os hi	
5° KYU	TACHI WAZA	AI HAMMI KATATE DORI	X					X	X		X											
		KATATE DORI	X					X									X		X			
4° KYU	SUWARI WAZA	AI HAMMI KATATE DORI	X																			
		TACHI WAZA	AI HAMMI KATATE DORI	X	X				X	X	X	X										
			KATATE DORI	X	X				X	X				X				X		X		
			KATA DORI	X																		
	RYOTE DORI	X																	X			
3° KYU	SUWARI WAZA	AI HAMMI KATATE DORI	X	X						X	X											
		KATATE DORI	X	X																		
		KATA DORI	X	X																		
	TACHI WAZA	AI HAMMI KATATE DORI	X	X	X				X	X	X	X										
		KATATE DORI	X	X	X				X	X			X	X	X			X		X		
		KATA DORI	X	X																		
		RYOTE DORI	X	X					X	X											X	
		KATA DORI MEN UCHI	X															X				
		KATATE RYOTE DORI	X															X				
	USHIRO WAZA	RYOTE DORI	X														X					

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GRADES	FORMES DE TRAVAIL	ATTAQUES	ikk yo	nik yo	sa nk yo	yo nk yo	go nk yo	shi ho o na ge	ud e ki m e na ge	ko te ge as hi	iri mi na ge	na na m e na ge	us hir o kiri ot shi	us hi kai te n na ge	so to kai te n	ud e ga ra mi	ko ky u na ge	juji ga ra mi	te nc hi na ge	su mi ot os hi	aik i ot os hi		
2°KYU	SUWARI WAZA	AI HAMMI KATATE DORI	X	X	X					X	X												
		KATATE DORI	X	X	X						X	X											
		KATA DORI	X	X	X																		
		SHOMEN USHI	X	X	X						X	X											
		YOKOMEN USHI	X	X	X						X	X											
	HANMI HANDACHI WAZA	KATATE DORI																					
		USHIHO RYO KATA DORI																					
		RYOTE DORI																					
	TACHI WAZA	AI HAMMI KATATE DORI	X	X	X				X	X	X	X			X		X				X		
		KATATE DORI	X	X	X				X	X	X	X	X		X	X	X	X		X	X		
		KATA DORI	X	X	X							X	X										
		RYOTE DORI	X	X	X				X	X		X	X					X		X			
		KATA DORI MEN UCHI	X	X	X					X	X	X						X					
		KATATE RYOTE DORI	X	X	X				X	X	X	X	X					X					
		SHOMEN USHI	X	X	X						X	X	X										
		YOKOMEN USHI	X	X	X				X	X	X	X	X										
	USHIRO WAZA	RYOTE DORI	X	X	X				X	X	X	X	X					X					
		RYO KATA DORI	X	X	X													X					

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GRADES	FORMES DE TRAVAIL	ATTAQUES	ikk	nik	sa	yo	go	shi	ud	ko	iri	na	us	us	so	ud	ko	juji	te	su	aik	
			yo	yo	nk	nk	ho	e	te	mi	na	hir	hi	to	e	ky	ga	nc	mi	ot	ot	
			yo	yo	yo	yo	yo	na	na	ge	na	na	o	o	ka	ga	u	ra	hi	os	os	
1°KYU	SUWARI WAZA	AI HAMMI KATATE DORI	X	X	X					X	X											
		KATATE DORI	X	X	X	X					X	X										
		KATA DORI	X	X	X																	
		SHOMEN USHI	X	X	X	X	X				X	X										
		YOKOMEN USHI	X	X	X	X	X				X	X										
	HANMI HANDACHI WAZA	KATATE DORI																				
		USHIHO RYO KATA DORI																				
		RYOTE DORI																				
	TACHI WAZA	AI HAMMI KATATE DORI	X	X	X	X			X	X	X	X		X	X		X				X	X
		KATATE DORI	X	X	X	X			X	X	X	X	X	X	X	X	X	X		X	X	
		KATA DORI	X	X	X	X						X	X									
		RYOTE DORI	X	X	X	X			X	X	X	X	X					X		X		
		KATA DORI MEN UCHI	X	X	X	X			X		X	X						X				
		KATATE RYOTE DORI	X	X	X	X			X	X	X	X	X					X				
		SHOMEN USHI	X	X	X	X	X	X	X	X	X	X	X	X				X				
		YOKOMEN USHI	X	X	X	X	X	X	X	X	X	X	X	X				X				
		CHUDAN TSUKI	X	X	X	X	X					X	X	X	X							
		JO DAN STUSKI	X	X	X	X	X	X	X	X	X	X	X	X				X				
		USHIRO WAZA	RYOTE DORI	X	X	X	X			X	X	X	X	X					X			
	RYO KATA DORI		X	X	X								X					X				

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