



TECHNIQUES POUR LE PASSAGE DE GRADE

2ème KYU



TACHI WAZA

Kata dori men uchi

Ikkyo
Nikyo
Sankyo
Kote gaeshi
Shihoo nage
Irimi nage

Ushiro Ryo kata dori

Ikkyo
Nikyo
Sankyo
Sokumen irimi nage

Kata dori

Sankyo
Yonkyo

Katate dori

Sankyo
Yonkyo
Sumi otoshi
Aiki otoshi
Koshi nage

Shomen uchi

Shihoo nage
Soto kaiten nage
Uchi kaiten nage

Yokomen uchi

Gokyo

Ryote dori

Kote gaeshi
Irimi nage

Ai Hanmi Katate dori

Koshi nage

Katate Ryote dori

Irimi nage

Ushiro Ryote dori

Juji garami
Sokumen irimi nage

Chudan tsuki

Ikkyo
Irimi nage

Jodan tsuki

Hiji kime osae

Ushiro Ryo hiji dori

Ikkyo

Mae Ryo kata dori

Sokumen irimi nage

Kokyu nage

Diverses formes d'attaques

SUWARI WAZA

Ryo Kata dori

Ikkyo
Nikyo

Yokomen uchi

Ikkyo
Nikyo
Sankyo
Yonkyo
Gokyo
Irimi nage

Kata dori

Sankyo

Ryote dori

Kote gaeshi
Irimi nage

HANMI HANDACHI WAZA

Shomen uchi

Kote gaeshi

Ryote dori

Shihoo nage

Katate dori

Soto Kaiten nage