



PROGRAMME GRADES KYU: 級試験

Grade	Kata	Bunkai	Tai Sabaki Waza	Hojo undo	Ippon Kumite	Kumite	Tanren
6 Kyu Jaune	Sanchin		Te waza: 1 Keri waza: 1,2 Uke Waza: 1	Wa uke Shomen geri Sokuto Geri	Jodan Tsuki Chudan Tsuki Mae Geri	3x1min	20 pompes 20 Squats 45''planche Sanchin Kitae Kote Kitae
5 Kyu Orange	Sanchin Kanshiwa		Te waza:1 Keri waza: 1,2,3 Uke Waza: 1,2	Wa uke Shomen geri Sokuto Geri Hiji Furi tsuki	Jodan Tsuki Chudan Tsuki Mae Geri	4x1min	25 pompes 25 Squats 1'planche Sanchin Kitae Kote Kitae
4 Kyu Vert	Sanchin Kanshiwa Dai Ni Seisan(Kanshu)	Kanshiwa	Te waza:1,2 Keri waza: 1,2,3 Uke Waza: 1,2,3	Wa uke Shomen geri Sokuto Geri Hiji Furi tsuki Seiken tsuki	Jodan Tsuki Chudan Tsuki Mae Geri Mawashi Geri	5x1min	30 pompes 30 Squats 1'15'' planche Sanchin Kitae Kote Kitae
3 Kyu Bleu	Sanchin Kanshiwa Kobuken Dai Ni Seisan	Kanshiwa Kobuken Dai Ni Seisan	Te waza: 1,2,3 Keri waza: 1,2,3,4 Uke Waza: 1,2,3	Wa uke Shomen geri Sokuto Geri Hiji Furi tsuki Seiken tsuki Shuto/Uraken/Shoken	Jodan Tsuki Chudan Tsuki Mae Geri Mawashi Geri Yoko Geri	6x1min	35 pompes 35 Squats 1'30'' planche Sanchin Kitae Kote Kitae
2 Kyu Marron	Sanchin Kanshiwa Kobuken Dai Ni Seisan Seichin	Kanshiwa Kobuken Dai Ni Seisan Seichin	Te waza: 1,2,3,4 Keri waza: 1,2,3,4 Uke Waza: 1,2,3	Wa uke Shomen geri Sokuto Geri Hiji Furi tsuki Seiken tsuki Shuto/Uraken/Shoken Hajiki uke/Hiraken Tenshin 1,2,3	Jodan Tsuki Chudan Tsuki Mae Geri Mawashi Geri Yoko Geri	7x1min	40 pompes 40 Squats 1'45' planche Sanchin Kitae Kote Kitae



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1 Kyu Noire liseret blanc	Sanchin Kanshiwa Kobuken Dai Ni Seisan Seichin Seisan	Kanshiwa Kobuken Dai Ni Seisan Seichin Seisan	Te waza: 1,2,3,4 Keri waza: 1,2,3 Uke Waza: 1,2,3	Wa uke Shomen geri Sokuto Geri Hiji Furi tsuki Seiken tsuki Shuto/Uraken/Shoken Hajiki uke/Hiraken Tenshin 1,2,3 Shomen hajiki Koi no shippo uchi 1,2	Jodan Tsuki Chudan Tsuki Mae Geri Mawashi Geri Yoko Geri	10x1min	50 pompes 50 Squats 2'planche Sanchin Kitae Kote Kitae
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