

6ème KYU	
TACHIWAZA	
AI HAMMI KATATE DORI	
. Irimi Nage o-u	
. Kote Gaeshi o-u	
. Ikkyo o-u	
. Nikyo o-u	
. Shiho Nage o-u	
. Uchi Kaiten Nage	
. Sankyo o-u	
SHOMEN UCHI	
. Irimi Nage	

5ème KYU	
SUWARIWAZA	
SHOMEN UCHI	
. Ikkyo o-u	
KATA DORI	
. Ikkyo o-u	
TACHIWAZA	
AI HAMMI KATATE DORI	
. Ude Kime Nage	
. Yonkyo	
SHOMEN UCHI	
. Kote Gaeshi o-u	
. Ikkyo o-u	
. Nikyo o-u	
CHUDAN TSUKI	
. Irimi Nage	
. Kote Gaeshi (irimi-tenkan)	
GYAKUHAMMI KATATEDORI	
. Shiho Nage o-u	
. Tenchi Nage	
. Ikkyo o-u	
. Kokyu Nage	
. Ude Kime Nage	

4ème KYU	
SUWARIWAZA	
SHOMEN UCHI	
. Nikyo o-u	
KATA DORI	
. Nikyo o-u	
TACHIWAZA	
AI HAMMI KATATE DORI	
. Sumiotoshi	
. Koshi Nage	
SHOMEN UCHI	
. Uchi Kaiten Sankyo	
. Sankyo o-u	
CHUDAN TSUKI	
. Ude Kime Nage	
. Hiji Kime Osae	
GYAKUHAMMI KATATEDORI	
. Nikyo o-u	
RYOTE DORI	
. Tenchi Nage	
. Ude Kime Nage	
. Ikkyo o-u	
KATATE RYOTE DORI	
. Kote Gaeshi	
YOKOMEN UCHI	
. Shiho Nage o-u	
. Irimi Nage	
. Tenchi Nage	
. Kote Gaeshi	
. Ude Kime Nage	
KATA DORI	
. Ikkyo	
JODAN TSUKI	
. Ikkyo o-u	

3ème KYU												
SUWARIWAZA												
SHOMEN UCHI												
. Irimi Nage												
. Kote Gaeshi												
. Sankyo o-u												
YOKOMEN UCHI												
. Ikkyo												
. Nikyo												
. Sankyo												
. Yonkyo												
KATA DORI												
. Sankyo o-u												
HAMMI HANDACHI WAZA												
KATATE DORI												
. Koryu Nage												
TACHIWAZA												
SHOMEN UCHI												
. Yonkyo o-u												
. Gokyo												
. Shiho Nage												
. Ude Kime Nage												
CHUDAN TSUKI												
. Sotokaiten Nage												
. Uchikaiten Sankyo												
GYAKUHAMMI KATATEDORI												
. Kaiten Nage												
. Sankyo o-u												
. Yonkyo o-u												
RYOTE DORI												
. Irimi Nage												
. Kote Gaeshi												
. Koryu Nage												
KATATE RYOTE DORI												
. Ikkyo o-u												
. Nikyo												
. Koryu Nage												
. Ude Kime Nage												
. Irimi Nage												
YOKOMEN UCHI												
. Ikkyo o-u												
. Koryu Nage												
JODAN TSUKI												
. Shiho Nage o-u												
. Kote Gaeshi												
USHIRO WAZA												
RYOTE DORI												
. Ikkyo o-u												
. Hiji Kime Osae												
. Kote Gaeshi												
. Shiho Nage												
. Irimi Nage												

2ème KYU (page ½)												
SUWARIWAZA												
SHOMEN UCHI												
. Yonkvo o-u												
. Soto Kaiten Nage												
YOKOMEN UCHI												
. Kote Gaeshi												
. Irimi Nage												
. Kokyv Nage												
RYO KATA DORI												
. Ikkyo o-u												
CHUDAN TSUKI												
. Kote Gaeshi												
JODAN TSUKI												
. Ikkyo o-u												
TACHIWAZA												
SHOMEN UCHI												
. Sotokaiten Nage												
. Ude Garami												
. Kokyu Nage												
. Koshi Nage												
. Sumiotoshi												
CHUDAN TSUKI												
. Ushirokiritoshi												
. Sumiotoshi												
GYAKUHAMMI KATATEDORI												
. Nanamekokyunage												
. Irimi Nage												
. Koshi Nage												
. Sumiotoshi												
. Ude Garami												
. Kote Gaeshi												
MUNE DORI												
. Ikkyo o-u												
. Shiho Nage												
. Uchi Kaiten Nage												
RYOTE DORI												
. Jugi Garami												
. Shiho Nage												
. Nanamekokyunage												
KATATE RYOTE DORI												
. Nanamekokyunage												
. Jugi Garami												
. Koshi Nage												
KATA DORI MEN UCHI												
. Shiho Nage												
. Kote Gaeshi												
. Irimi Nage												
. Koshi Nage												
. Ikkyo o-u												
. Kokyu Nage												
YOKOMEN UCHI												
. Nikyo o-u												
. Sankyo o-u												
. Yonkvo o-u												
. Gokyo												
. Koshi Nage												
JODAN TSUKI												
. Nikyo o-u												
. Sankyo o-u												

USHIRO WAZA																			
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. Jugi Garami																			
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. Irimi Nage																			
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. Nikyo																			
. Sankyo																			
. Nanamekokyunage																			
KATATE DORI KUBI SHIME																			
. Ikkyo																			

1er KYU (page ½)												
SUWARIWAZA												
SHOMEN UCHI												
. Koryu Nage												
RYO KATA DORI												
. Sankyo o-u												
. Yonkyo o-u												
. Nikyo												
KATA DORI MEN UCHI												
. Irimi Nage												
. Kote Gaeshi												
. Koryu Nage												
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HAMMI HANDACHI WAZA												
KATATE DORI												
. Shiho Nage o-u												
. Kaiten Nage												
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. Kote Gaeshi												
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. Koryu Nage												
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. Koryu Nage												
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. Nikyo												
. Ude Kime Nage												
. Nanamekokyunage												
. Uchi Kaiten Sankyo												
MUNE DORI MEN UCHI												
. Ikkyo o-u												
. Nikyo o-u												
. Sankyo o-u												
. Koshi Nage												
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. Nanamekokyunage												
. Ude Garami												
JODAN TSUKI												
. Yonkyo o-u												
. Koshi Nage												
. Irimi Nage												
. Soto Kaiten Nage												
. Ushiro Kiritoshi												

1er KYU (page 2/2)**USHIRO WAZA****RYOTE DORI**

. Yonkvo o-u																				
. Kokyu Nage																				
. Koshi Nage																				

ERIDORI

. Nikvo o-u																				
. Sankyo o-u																				
. Irimi Nage																				
. Kote Gaeshi																				
. Shiho Nage																				
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RYO KATA DORI

. Kote Gaeshi																				
. Hiji Kime Osae																				
. Irimi Nage																				
. Nanamekokyunage																				
. Kokyu Nage																				
. Jujigarami																				
. Aikiotoshi																				

KATATE DORI KUBI SHIME

. Sankvo																				
. Nikvo																				
. Kote Gaeshi																				
. Koshi Nage																				
. Kokyu Nage																				
. Shiho Nage																				