

4 <sup>ème</sup> KYU	3 <sup>ème</sup> KYU
<p><b>SUWARI WAZA</b>  <b>Kata Dori</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo, Nikkyo</li> <li>○ Iriminage</li> </ul> <p><b>Shomen Uchi</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo</li> <li>○ Iriminage</li> </ul> <p><b>HAMMI HANDACHI WAZA</b>  <b>Giaku Hammi Katate Dori</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo</li> <li>○ Iriminage</li> <li>○ Keitennage (uchi, soto)</li> </ul> <p><b>TACHI WAZA</b>  <b>Katate Ryote Dori</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo</li> <li>○ Kokyunage ( 2 formes)</li> <li>○ Iriminage/Kotegaeshi</li> <li>○ Shihonage (omote/ura)</li> <li>○ Udekimennage</li> <li>○ Keitennage (uchi, soto)</li> </ul> <p><b>Shomen Uchi</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo</li> <li>○ Iriminage</li> </ul> <p><b>Chudan Tsuki</b></p> <ul style="list-style-type: none"> <li>○ Iriminage/Kotegaeshi</li> </ul> <p><b>Yokomen Uchi</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo</li> <li>○ Iriminage/Kotegaeshi</li> <li>○ Shihonage/ Udekimennage</li> </ul> <p><b>Ryote Dori</b>  Kokyu Ho</p> <p><b>JO</b>  Enchaînement Tsuki/Yokomen uchi</p> <p><b>BOKEN</b>  Shomen Uchi, Yokomen Uchi, Chudan Tsuki</p>	<p><b>SUWARI WAZA</b>  <b>Shomen Uchi</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo</li> <li>○ Iriminage/ Kotegaeshi</li> </ul> <p><b>HAMMI HANDACHI WAZA</b>  <b>Giaku Hammi Katate Dori</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo, Nikkyo</li> <li>○ Shihonage</li> <li>○ Iriminage/ Kotegaeshi</li> <li>○ Keitennage (uchi, soto)</li> <li>○ Kokyunage (plusieurs formes)</li> </ul> <p><b>TACHI WAZA</b>  <b>Katate Dori</b></p> <ul style="list-style-type: none"> <li>○ Kokyunage (3 formes)</li> <li>○ Koshi Nage</li> </ul> <p><b>Ryote Dori</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo, Nikkyo</li> <li>○ Shihonage, Tenchinage</li> </ul> <p><b>Chudan Tsuki</b></p> <ul style="list-style-type: none"> <li>○ Iriminage/Kotegaeshi</li> <li>○ Keitennage (uchi, soto)</li> </ul> <p><b>Kata Dori Men Ushi</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo, Iriminage</li> <li>○ Shihonage, Kochinage</li> <li>○ Kotegaeshi</li> </ul> <p><b>USHIRO WAZA</b>  <b>Ryote Dori</b></p> <ul style="list-style-type: none"> <li>○ Ikkyo, Sankyo</li> <li>○ Iriminage</li> <li>○ Shihonage, Kotegaeshi</li> <li>○ Kokyunage</li> </ul> <p><b>Ryote Dori</b>  Kokyu Ho</p> <p><b>JO</b>  Enchaînement Tsuki/Yokomen uchi, coup arrière, coup poignet</p> <p><b>BOKEN</b>  Enchaînement Shomen Uchi</p>