

## GRADES KYU

### 6<sup>ème</sup> KYU

#### TACHI WAZA

Chute avant/arrière

#### **Ai Hammi Katate Dori**

- Ikkyo (omote/ura)
- Itiminage/Kotregaeshi
- Shihonage (omote/ura)
- Udekimennage
- Uchikeitennage

### 5<sup>ème</sup> KYU

#### TACHI WAZA

#### **Giaku Hammi Katate Dori**

- Kokyunage (3 formes)
- Itiminage/Kotegaeshi
- Shihonage (omote/ura)
- Udekimennage
- Keitennage (uchi, soto)

#### **Shomen Uchi**

Ikkyo  
Iriminage