

## **BLANCHE (17e kyu)**

### **1- SABAKI:**

- 1- ZEN-KUTSU-DACHI: 1- 1/4 de tour en MAE-ASHI.  
2- 1/4 de tour en USHIRO-ASHI.  
3- 1/2 tour en MAE-ASHI.  
4- 1/2 tour en USHIRO-ASHI.  
5- 3/4 de tour en USHIRO-ASHI.

### **2- ZUKI:**

- 1- JODAN-MAE-ZUKI-KEKOMI.
- 2- JODAN-MAE-ZUKI-KEAGE.
- 3- JODAN-YOKO-ZUKI-KEKOMI.
- 4- JODAN-YOKO-ZUKI-KEAGE.

### **3- GERI:**

- 1- CHUDAN-MAE-MAWASHI-KUBI-GERI-KEAGE.
- 2- CHUDAN-MAE-MAWASHI-SUNE-GERI-KEAGE.

### **4- UKE:**

- 1- JODAN-SOTO-SHOTEI-UKE.
- 2- CHUDAN-BARAI-SHOTEI-UKE.

### **5- RENZOKU-WAZA:**

- 1- en KAMAE-DACHI: 1- JODAN-MAE-ZUKI-KEAGE, CHUDAN-MAE-MAWASHI-KUBI-GERI-KEAGE.  
2- CHUDAN-MAE-MAWASHI-SUNE-GERI-KEAGE, JODAN-YOKO-ZUKI-KEAGE.

### **6- KATA:**

- 1- TAIKI-SONO-ICHI 2e partie.

**7- KI-HON-KUMITE:**

1- TORI: 1- JODAN-YOKO-ZUKI-KEAGE. 2- CHUDAN-MAE-MAWASHI-KUBI-GERI-KEAGE.

2- UKE: 1- JODAN-SOTO-SHOTEI-UKE. 2- CHUDAN-BARAI-SHOTEI-UKE.

**8- JIYU-KUMITE:**

1- initiation au combat (1) 2e partie.

**9- KIAI (cri):**

1- KIAI conventionnel.