

VERTE (8e kyu)

1- DACHI:

1- NEKO-ASHI-DACHI (position du chat).

2- SABAKI:

1- en NEKO-ASHI-DACHI: 1- même déplacement qu'en ZEN-KUTSU-DACHI.

3- ZUKI:

1- JODAN-MAE-MAWASHI-ZUKI-KEKOMI.

2- JODAN-YOKO-MAWASHI-ZUKI-KEKOMI.

3- JODAN-MAE-TATE-MAWASHI-ZUKI-KEKOMI.

4- JODAN-YOKO-TATE-MAWASHI-ZUKI-KEKOMI.

5- JODAN-MAE-URA-TATE-MAWASHI-ZUKI-KEKOMI.

6- JODAN-YOKO-URA-TATE-MAWASHI-ZUKI-KEKOMI.

7- JODAN-MAE-MAWASHI-ZUKI-KEAGE.

8- JODAN-YOKO-MAWASHI-ZUKI-KEAGE.

9- JODAN-MAE-TATE-MAWASHI-ZUKI-KEAGE.

10- JODAN-YOKO-TATE-MAWASHI-ZUKI-KEAGE.

11- JODAN-MAE-URA-TATE-MAWASHI-ZUKI-KEAGE.

12- JODAN-YOKO-URA-TATE-MAWASHI-ZUKI-KEAGE.

13- JODAN-MAE-AGE-ZUKI-KEKOMI.

14- JODAN-YOKO-AGE-ZUKI-KEKOMI.

15- JODAN-MAE-AGE-ZUKI-KEAGE.

16- JODAN-YOKO-AGE-ZUKI-KEAGE.

17- JODAN-MAE-UCHI-TETTSUI-KEKOMI.

18- JODAN-YOKO-UCHI-TETTSUI-KEKOMI.

19- JODAN-USHIRO-UCHI-TETTSUI-KEKOMI.

20- JODAN-MAE-UCHI-TETTSUI-KEAGE.

- 21- JODAN-YOKO-UCHI-TETTSUI-KEAGE.
- 22- JODAN-USHIRO-UCHI-TETTSUI-KEAGE.
- 23- JODAN-MAE-SOTO-TETTSUI-KEKOMI.
- 24- JODAN-YOKO-SOTO-TETTSUI-KEKOMI.
- 25- JODAN-MAE-SOTO-TETTSUI-KEAGE.
- 26- JODAN-YOKO-SOTO-TETTSUI-KEAGE.
- 27- JODAN-MAE-OTOSHI-TETTSUI-KEKOMI
- 28- JODAN-YOKO-OTOSHI-TETTSUI-KEKOMI.
- 29- JODAN-MAE-OTOSHI-TETTSUI-KEAGE.
- 30- JODAN-YOKO-OTOSHI-TETTSUI-KEAGE.
- 31- JODAN-YOKO-AGE-TETTSUI-KEKOMI.
- 32- JODAN-USHIRO-AGE-TETTSUI-KEKOMI.
- 33- JODAN-YOKO-AGE-TETTSUI-KEAGE.
- 34- JODAN-USHIRO-AGE-TETTSUI-KEAGE.
- 35- JODAN-MAE-UCHI-URAKEN-KEKOMI.
- 36- JODAN-YOKO-UCHI-URAKEN-KEKOMI.
- 37- JODAN-USHIRO-UCHI-URAKEN-KEKOMI.
- 38- JODAN-MAE-UCHI-URAKEN-KEAGE.
- 39- JODAN-YOKO-UCHI-URAKEN-KEAGE.
- 40- JODAN-USHIRO-UCHI-URAKEN-KEAGE.
- 41- JODAN-MAE-OTOSHI-URAKEN-KEKOMI.
- 42- JODAN-YOKO-OTOSHI-URAKEN-KEKOMI.
- 43- JODAN-MAE-OTOSHI-URAKEN-KEAGE.
- 44- JODAN-YOKO-OTOSHI-URAKEN-KEAGE.
- 45- JODAN-MAE-SOTO-URAKEN-KEKOMI.
- 46- JODAN-YOKO-SOTO-URAKEN-KEKOMI.
- 47- JODAN-MAE-SOTO-URAKEN-KEAGE.

- 48- JODAN-YOKO-SOTO-URAKEN-KEAGE.
- 49- JODAN-MAE-AGE-URAKEN-KEKOMI.
- 50- JODAN-YOKO-AGE-URAKEN-KEKOMI.
- 51- JODAN-USHIRO-AGE-URAKEN-KEKOMI.
- 52- JODAN-MAE-AGE-URAKEN-KEAGE.
- 53- JODAN-YOKO-AGE-URAKEN-KEAGE.
- 54- JODAN-USHIRO-AGE-URAKEN-KEAGE.

4- TE-WAZA:

- 1- JODAN-MAE-UCHI-SEIRYUTO-KEKOMI.
- 2- JODAN-YOKO-UCHI-SEIRYUTO-KEKOMI.
- 3- JODAN-USHIRO-UCHI-SEIRYUTO-KEKOMI.
- 4- JODAN-MAE-UCHI-SEIRYUTO-KEAGE.
- 5- JODAN-YOKO-UCHI-SEIRYUTO-KEAGE.
- 6- JODAN-USHIRO-UCHI-SEIRYUTO-KEAGE.
- 7- JODAN-MAE-SOTO-SEIRYUTO-KEKOMI.
- 8- JODAN-YOKO-SOTO-SEIRYUTO-KEKOMI.
- 9- JODAN-MAE-SOTO-SEIRYUTO-KEAGE.
- 10- JODAN-YOKO-SOTO-SEIRYUTO-KEAGE.
- 11- JODAN-MAE-OTOSHI-SEIRYUTO-KEKOMI.
- 12- JODAN-YOKO-OTOSHI-SEIRYUTO-KEKOMI.
- 13- JODAN-MAE-OTOSHI-SEIRYUTO-KEAGE.
- 14- JODAN-YOKO-OTOSHI-SEIRYUTO-KEAGE.
- 15- JODAN-MAE-UCHI-SHUTO-KEKOMI.
- 16- JODAN-YOKO-UCHI-SHUTO-KEKOMI.
- 17- JODAN-USHIRO-UCHI-SHUTO-KEKOMI.
- 18- JODAN-MAE-UCHI-SHUTO-KEAGE.
- 19- JODAN-YOKO-UCHI-SHUTO-KEAGE.

- 20- JODAN-USHIRO-UCHI-SHUTO-KEAGE.
- 21- JODAN-MAE-SOTO-SHUTO-KEKOMI.
- 22- JODAN-YOKO-SOTO-SHUTO-KEKOMI.
- 23- JODAN-MAE-SOTO-SHUTO-KEAGE.
- 24- JODAN-YOKO-SOTO-SHUTO-KEAGE.
- 25- JODAN-MAE-OTOSHI-SHUTO-KEKOMI.
- 26- JODAN-YOKO-OTOSHI-SHUTO-KEKOMI.
- 27- JODAN-MAE-OTOSHI-SHUTO-KEAGE.
- 28- JODAN-YOKO-OTOSHI-SHUTO-KEAGE.
- 29- JODAN-MAE-UCHI-KEITO-KEKOMI.
- 30- JODAN-YOKO-UCHI-KEITO-KEKOMI.
- 31- JODAN-MAE-UCHI-KEITO-KEAGE.
- 32- JODAN-YOKO-UCHI-KEITO-KEAGE.
- 33- JODAN-MAE-SOTO-KEITO-KEKOMI.
- 34- JODAN-YOKO-SOTO-KEITO-KEKOMI.
- 35- JODAN-MAE-SOTO-KEITO-KEAGE.
- 36- JODAN-YOKO-SOTO-KEITO-KEAGE.
- 37- JODAN-MAE-UCHI-HAITO-KEKOMI.
- 38- JODAN-YOKO-UCHI-HAITO-KEKOMI.
- 39- JODAN-MAE-UCHI-HAITO-KEAGE.
- 40- JODAN-YOKO-UCHI-HAITO-KEAGE.
- 41- JODAN-MAE-SOTO-HAITO-KEKOMI.
- 42- JODAN-YOKO-SOTO-HAITO-KEKOMI.
- 43- JODAN-MAE-SOTO-HAITO-KEAGE.
- 44- JODAN-YOKO-SOTO-HAITO-KEAGE.
- 45- JODAN-MAE-UCHI-SHOTEI-KEKOMI.
- 46- JODAN-YOKO-UCHI-SHOTEI-KEKOMI.
- 47- JODAN-USHIRO-UCHI-SHOTEI-KEKOMI.

- 48- JODAN-MAE-UCHI-SHOTEI-KEAGE.
- 49- JODAN-YOKO-UCHI-SHOTEI-KEAGE.
- 50- JODAN-USHIRO-UCHI-SHOTEI-KEAGE.
- 51- JODAN-MAE-SOTO-SHOTEI-KEKOMI.
- 52- JODAN-YOKO-SOTO-SHOTEI-KEKOMI.
- 53- JODAN-MAE-SOTO-SHOTEI-KEAGE.
- 54- JODAN-YOKO-SOTO-SHOTEI-KEAGE.
- 55- JODAN-MAE-OTOSHI-SHOTEI-KEKOMI.
- 56- JODAN-YOKO-OTOSHI-SHOTEI-KEKOMI.
- 57- JODAN-MAE-OTOSHI-SHOTEI-KEAGE.
- 58- JODAN-YOKO-OTOSHI-SHOTEI-KEAGE.
- 59- JODAN-MAE-UCHI-KOKEN-KEKOMI.
- 60- JODAN-YOKO-UCHI-KOKEN-KEKOMI.
- 61- JODAN-USHIRO-UCHI-KOKEN-KEKOMI.
- 62- JODAN-MAE-UCHI-KOKEN-KEAGE.
- 63- JODAN-YOKO-UCHI-KOKEN-KEAGE.
- 64- JODAN-USHIRO-UCHI-KOKEN-KEAGE.
- 65- JODAN-MAE-SOTO-KOKEN-KEKOMI.
- 66- JODAN-YOKO-SOTO-KOKEN-KEKOMI.
- 67- JODAN-MAE-SOTO-KOKEN-KEAGE.
- 68- JODAN-YOKO-SOTO-KOKEN-KEAGE.
- 69- JODAN-MAE-OTOSHI-KOKEN-KEKOMI.
- 70- JODAN-YOKO-OTOSHI-KOKEN-KEKOMI.
- 71- JODAN-MAE-OTOSHI-KOKEN-KEAGE.
- 72- JODAN-YOKO-OTOSHI-KOKEN-KEAGE.
- 73- JODAN-MAE-AGE-KOKEN-KEKOMI.
- 74- JODAN-YOKO-AGE-KOKEN-KEKOMI.

75- JODAN-USHIRO-AGE-KOKEN-KEKOMI.

76- JODAN-MAE-AGE-KOKEN-KEAGE.

77- JODAN-YOKO-AGE-KOKEN-KEAGE.

78- JODAN-USHIRO-AGE-KOKEN-KEAGE.

5- GERI:

1- CHUDAN-MAE-KOSHI-TOBI-GERI-KEKOMI en MAE-ASHI.

2- CHUDAN-MAE-KOSHI-TOBI-GERI-KEKOMI en USHIRO-ASHI.

3- CHUDAN-MAE-KOSHI-TOBI-GERI-KEKOMI en HASAMI.

4- CHUDAN-MAE-KAKATO-TOBI-GERI-KEKOMI en MAE-ASHI.

5- CHUDAN-MAE-KAKATO-TOBI-GERI-KEKOMI en USHIRO-ASHI.

6- CHUDAN-MAE-KAKATO-TOBI-GERI-KEKOMI en HASAMI.

7- CHUDAN-USHIRO-KAKATO-TOBI-GERI-KEAGE en MAE-ASHI.

8- CHUDAN-USHIRO-KAKATO-TOBI-GERI-KEAGE en HAMBUN-KAITE.

9- CHUDAN-USHIRO-KAKATO-TOBI-GERI-KEAGE en KAITE.

10- CHUDAN-USHIRO-YOKO-KAKATO-TOBI-GERI-KEAGE en MAE-ASHI.

11- CHUDAN-USHIRO-YOKO-KAKATO-TOBI-GERI-KEAGE en HAMBUN-KAITE.

12- CHUDAN-USHIRO-YOKO-KAKATO-TOBI-GERI-KEAGE en KAITE.

13- CHUDAN-MAE-MAWASHI-KOSHI-GERI-KEAGE.

14- CHUDAN-MAWASHI-KOSHI-GERI-KEAGE.

15- CHUDAN-USHIRO-MAWASHI-KOSHI-GERI-KEAGE.

16- CHUDAN-URA-MAE-MAWASHI-KUBI-GERI-KEAGE.

17- CHUDAN-URA-MAE-MAWASHI-SUNE-GERI-KEAGE.

18- CHUDAN-URA-MAWASHI-ENSHO-GERI-KEAGE.

19- CHUDAN-USHIRO-URA-MAWASHI-ENSHO-GERI-KEAGE.

20- CHUDAN-YOKO-SOKUTO-GERI-KEAGE.

21- CHUDAN-USHIRO-YOKO-SOKUTO-GERI-KEAGE.

22- CHUDAN-MAE-URA-MIKAZUKI-SOKUTO-GERI-KEAGE.

23- CHUDAN-YOKO-URA-MIKAZUKI-SOKUTO-GERI-KEAGE.

24- CHUDAN-MAE-MIKAZUKI-KAKATO-GERI-KEAGE.

6- UKE:

1- JODAN-UCHI-GAI-WAN-UKE.

2- JODAN-SOTO-GAI-WAN-UKE.

3- JODAN-AGE-GAI-WAN-UKE.

7- RENZOKU-WAZA:

1- en KAMAE-DACHI: 1- enchaînement de coups de pied sans descendre le pied au sol.

8- KATA:

1- TAIKI-SONO-CHI 2e partie.

9- KI-HON-KUMITE:

1- libre.

11- JIYU-KUMITE:

1- combat intermédiaire (2) 2e partie.