

Ikkyû

Le programme du 2^e kyû plus...

Suwariwaza

Kata Dori Men Uchi	Ikkyô
Kata Dori Men Uchi	Nikyô
Kata Dori Men Uchi	Sankyô
Kata Dori Men Uchi	Yonkyô
Kata Dori Men Uchi	Irimi Nage
Kata Dori Men Uchi	Kote Gaeshi
Muna Dori	Ikkyô
Muna Dori	Nikyô
Muna Dori	Sankyô
Muna Dori	Yonkyô
Muna Dori	Irimi Nage
Muna Dori	Kote Gaeshi
Jôdan Tsuki	Gokyô
Jôdan Tsuki	Kokyû Nage
Yokomen Uchi	Gokyô
Shomen Uchi	Gokyô
Shomen Uchi	Kokyû Nage

Hanmi Handachi Waza

Ushiro Ryôkata Dori	Sankyô
Ushiro Ryôkata Dori	Irimi Nage
Ushiro Ryôkata Dori	Kote Gaeshi
Yokomen Uchi	Irimi Nage
Yokomen Uchi	Kokyû Nage
Yokomen Uchi	Kote Gaeshi
Yokomen Uchi	Shihô Nage
Shomen Uchi	Ikkyô
Shomen Uchi	Irimi Nage
Shomen Uchi	Kokyû Nage
Shomen Uchi	Kote Gaeshi

Tachiwaza

Sode Dori	Ikkyô
Sode Dori	Nikyô
Sode Dori	Sankyô
Sode Dori	Yonkyô
Sode Dori	Koshinage
Sode Dori	Shihô Nage
Sode Dori	Sumi Otoshi
Kata Dori Men Uchi	Ikkyô
Kata Dori Men Uchi	Nikyô
Kata Dori Men Uchi	Sankyô
Kata Dori Men Uchi	Yonkyô
Kata Dori Men Uchi	Irimi Nage
Kata Dori Men Uchi	Koshi Nage

Kata Dori Men Uchi	Kote Gaeshi
Kata Dori Men Uchi	Shihô Nage
Kata Dori Men Uchi	Ude Kime Nage
Kata Dori Men Uchi	Kokyû Nage
Muna Dori (Men Uchi)	Ikkyô
Muna Dori (Men Uchi)	Nikyô
Muna Dori (Men Uchi)	Hiji Kime Osae
Muna Dori (Men Uchi)	Sankyô
Muna Dori (Men Uchi)	Yonkyô
Muna Dori (Men Uchi)	Irimi Nage
Muna Dori (Men Uchi)	Juji Garami Nage
Muna Dori (Men Uchi)	Koshi Nage
Muna Dori (Men Uchi)	Kote Gaeshi
Muna Dori (Men Uchi)	Shihô Nage
Muna Dori (Men Uchi)	Ude Kime Nage
Chûdan Tsuki	Gokyô
Jôdan Tsuki	Gokyô
Jôdan Tsuki	Kokyû Nage
Yokomen Uchi	Gokyô
Yokomen Uchi	Kokyû Nage
Shomen Uchi	Gokyô
Shomen Uchi	Kokyû Nage
Mae Geri	Irimi nage

Ushiwaza

Katate Dori Kubi Jime	Kote Gaeshi
Katate Dori Kubi Jime	Shihô Nage
Hagai Jime	Sankyô
Hagai Jime	Kote Gaeshi
Eri Dori	Ikkyô
Eri Dori	Nikyô
Eri Dori	Sankyô
Eri Dori	Yonkyô
Eri Dori	Irimi Nage
Eri Dori	Kokyû Nage
Eri Dori	Koshi Nage
Eri Dori	Kote Gaeshi
Eri Dori	Shihô Nage

Buki Waza

Tantô Dori Waza
Jô Dori Waza
Jô Nage Waza
Ken Jutsu : Happô Giri (tandoku waza)