

PROGRESSION TECHNIQUE PAR KYU

1er KYU :

Minimum 8 mois de pratique réelle après le 2e Kyu ou 160 heures

<p>SUWARIWAZA</p> <ul style="list-style-type: none"> • RYOTE DORI <p>⇒ IKKYO</p> <ul style="list-style-type: none"> • RYO KATA DORI <p>⇒ IKKYO</p> <p>HANMIHANDACHI WAZA</p> <ul style="list-style-type: none"> • GYAKUHANMI KATATE DORI <p>⇒ KOTE GAESHI</p> <p>⇒ IRIMI NAGE</p> <p>⇒ KAITEN NAGE</p> <p>⇒ SUMI OTOSHI</p> <ul style="list-style-type: none"> • SHOMEN UCHI <p>⇒ IRIMI NAGE</p> <p>TACHIWAZA</p> <ul style="list-style-type: none"> • RYOTE DORI <p>⇒ IKKYO</p> <ul style="list-style-type: none"> • RYO KATA DORI <p>⇒ IKKYO</p> <ul style="list-style-type: none"> • SHOMEN UCHI <p>⇒ GOKYO</p> <p>⇒ SHIHO NAGE</p>	<ul style="list-style-type: none"> • JODAN TSUKI <p>→ SHIHO NAGE</p> <ul style="list-style-type: none"> • MAGERI <p>IRIMI NAGE</p> <p>USHIRO WAZA</p> <ul style="list-style-type: none"> • USHIRO RYOTE DORI <p>→ KOKYU NAGE</p> <p>→ KOSHI NAGE</p> <p>→ JYU WAZA</p> <ul style="list-style-type: none"> • USHIRO RYO KATA DORI <p>⇒ SANKYO</p> <p>⇒ KOTE GAESHI</p> <p>⇒ KOKYU NAGE</p> <ul style="list-style-type: none"> • ERI DORI <p>⇒ IKKYO</p> <p>⇒ KOTE GAESHI</p> <p>⇒ KOKYU NAGE</p> <ul style="list-style-type: none"> • KATATE DORI KUBISHIME <p>⇒ SHIHO NAGE</p> <p>⇒ KOTE GAESHI</p> <p>⇒ KOKYU NAGE</p>
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