

PROGRAMME 2ème Kyu

Tachi waza

Kata dori men uchi

Ushiro Ryo kata dori

Kata dori

Katate dori

Shomen uchi

Yokomen uchi

Ryote dori

Ai Hammi katate dori

Katate ryote dori

Ushiro Ryote dori

Chudan tsuki

Jodan tsuki

Ushiro Ryo hiji dori

Mae Ryo kata dori

Kokyu nage

Ikkyo - Nikyo - Sankyo - Kote gaeshi - Shiho nage - Irimi nage

Ikkyo - Nikyo - Sankyo - Sokumen Irimi nage

Sankyo - Yonkyo

Sankyo - Yonkyo - Sumi otoshi - Aiki otoshi - Koshi nage

Shiho nage - Soto Kaiten nage - Uchi Kaiten nage

Gokyo

Kote gaeshi -Irimi nage

Koshi nage

Irimi nage

Juji garami- Sokumen Irimi nage

Ikkyo - Irimi nage

Hiji kime osae

Ikkyo

Sokumen irimi nage

Diverses formes d'attaques

Suwari waza

Ryo Kata dori

y okomen uchi

Kata dori

Katate dori

Ikkyo - Nikyo

Ikkyo - Nikyo - Sankyo - Yonkyo - Gokyo - Irimi nage

Sankyo

Kote gaeshi - Irimi nage

Hanmi Handachi waza

Shomen uchi

Ryote dori

Katate dori

Kote gaeshi

Shiho nage

Soto Kaiten nage