

PROGRAMME 5ème KYU

Tachiwaza

Ai Hammi katate dori
Katate dori
Shomen uchi

Ikkyo - Shiho nage - Irimi nage
Shiho nage - Tenchi nage
Ikkyo - Irimi nage

Suwari waza

Ryote dori

Shikko (déplacement) - Kokyu hoo