

Examen de 1 kyu - 260 heures et/ou 12 mois depuis 2 kyu



	tachi waza	suwari waza	hammi handachi waza
ikkyo	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
	kata dori men uchi		
	ryote dori		
	ushiro tekubi dori		
	ushiro eri dori		
nikkyo	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
	kata dori men uchi		
	ryote dori		
	ushiro tekubi dori		
	ushiro eri dori		
sankyo	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
	kata dori men uchi		
	ryote dori		
	ushiro tekubi dori		
	ushiro eri dori		
yonkyo	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		
	kata dori	kata dori	
	kata dori men uchi		
	ryote dori		
	ushiro tekubi dori		
	ushiro eri dori		
gokyo	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	tsuki		
tenchi nage	ryote dori		

	tachi waza	suwari waza	hammi handachi waza
	katate dori		
	kata dori men uchi		
irimi nage	shomen uchi	shomen uchi	shomen uchi
	yokomen uchi	yokomen uchi	yokomen uchi
	katate dori		
	kata dori		
	ryote dori		
	tsuki		
	kata dori men uchi		
	ushiro tekubi dori		
	ushiro eri dori		
kote gaeshi	shomen uchi	shomen uchi	shomen uchi
	yokomen uchi	yokomen uchi	yokomen uchi
	katate dori		
	kata dori		
	ryote dori		
	tsuki		
	kata dori men uchi		
	ushiro tekubi dori		
	ushiro eri dori		
shiho nage	shomen uchi		shomen uchi
	yokomen uchi		yokomen uchi
	katate dori		katate dori
	ryote dori		ryote dori
	ai hammi katate dori		ai hammi katate dori
	ushiro tekubi dori		
	ushiro eri dori		
kantien nage	shomen uchi		
	katate dori		katate dori
	kata dori		
	ryote dori		
	ushiro royte dori		
kokyu nage	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		katate dori
	ryote dori		ryote dori
	ryokata dori		ryokata dori
	morote dori		

	tachi waza	suwari waza	hammi handachi waza
	ushiro tekubi dori		
	ushiro ryokata dori		
	ushiro eri dori		
kokyu ho		seize - ryote dori	
koshi nage	shomen uchi		
	yokomen uchi		
	katate dori		
	ryote dori		
	morote dori		
	ushiro tekubi dori		
	ushiro eri dori		
ude gurami	shomen uchi		
	katate dori		katate dori
	ryote dori		
	ushiro tekubi dori		
	ushiro eri dori		
ude kime nage	shomen uchi		
	yokomen uchi		
	ai hammi katate dori		
	ryote dori		
	ushiro royte dori		
	ushiro eri dori		
	morote dori		
juji garami ou juji nage	ryote dori		
	morote dori		
	ushiro tekubi dori		
	kata dori men uchi		
hiji kime osae	shomen uchi		
	yokomen uchi		
	katate dori		
	kata dori		
	ryote dori		
	ushiro tekubi dori		
	ushiro ryokata dori		
sumi otoshi	katate dori		
	kata dori		

	tachi waza	suwari waza	hammi handachi waza
kiri othoshi	shomen uchi		
	ai hammi katate dori		