

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



	tachi waza	suwari waza	hammi handachi waza
<b>ikkyo</b>	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		
	ushiro kubi jime		
	muna dori		
<b>nikkyo</b>	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		
	ushiro kubi jime		
	muna dori		
<b>sankyo</b>	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		
	ushiro kubi jime		
	muna dori		
<b>yonkyo</b>	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		

	tachi waza	suwari waza	hammi handachi waza
<b>gokyo</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	tsuki		
<b>tenchi nage</b>	ryote dori		
	katate dori		
	kata dori men uchi		
<b>irimi nage</b>	shomen uchi	shomen uchi	shomen uchi
	yokomen uchi	yokomen uchi	yokomen uchi
	katate dori		katate dori
	kata dori		
	ryote dori		ryote dori
	ryokata dori		ryokata dori
	tsuki		
	kata dori men uchi		
	ushiro tekubi dori		
	ushiro ryokata dori		
	ushiro eri dori		
	ushiro kubi jime		
	morote dori		
<b>kote gaeshi</b>	shomen uchi	shomen uchi	shomen uchi
	yokomen uchi	yokomen uchi	yokomen uchi
	katate dori		katate dori
	kata dori		
	ryote dori		ryote dori
	ryokata dori		ryokata dori
	tsuki		
	kata dori men uchi		
	ushiro tekubi dori		
	ushiro ryokata dori		
	ushiro eri dori		
	ushiro kubi jime		
	morote dori		
<b>shiho nage</b>	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		

	tachi waza	suwari waza	hammi handachi waza
	ushiro eri dori		
	ushiro kubi jime		
	muna dori		
<b>kantien nage</b>	shomen uchi		
	katate dori		katate dori
	ai hammi katate dori		
	kata dori		
	ryote dori		
	ushiro royte dori		
<b>kokyu nage</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		katate dori
	ryote dori		ryote dori
	ryokata dori		ryokata dori
	morote dori		
	ushiro tekubi dori		
	ushiro ryokata dori		
	ushiro eri dori		
	ushiro kubi jime		
<b>kokyu ho</b>		seize - ryote dori	
<b>koshi nage</b>	shomen uchi	shomen uchi	
	yokomen uchi	yokomen uchi	
	katate dori		katate dori
	ryote dori		ryote dori
	ryokata dori		ryokata dori
	morote dori		
	ushiro tekubi dori		
	ushiro ryokata dori		
	ushiro eri dori		
	ushiro kubi jime		
<b>ude gurami</b>	shomen uchi		
	katate dori		katate dori
	kata dori		
	ryote dori		
	ushiro tekubi dori		
	ushiro eri dori		
<b>ude kime nage</b>	shomen uchi		

	tachi waza	suwari waza	hammi handachi waza
	yokomen uchi		
	ai hammi katate dori		
	ryote dori		
	ushiro royte dori		
	ushiro eri dori		
	morote dori		
<b>juji garami ou juji nage</b>	ryote dori		
	morote dori		
	ushiro tekubi dori		
	kata dori men uchi		
	ushiro kubi jime		
<b>hiji kime osae</b>	shomen uchi		
	yokomen uchi		
	katate dori		
	kata dori		
	ryote dori		
	ushiro tekubi dori		
	ushiro ryokata dori		
<b>sumi otoshi</b>	katate dori		
	kata dori		
<b>kiri othoshi</b>	katate dori		
	kata dori		