

	5 ^{ème} Kyu	4 ^{ème} Kyu	3 ^{ème} Kyu	2 ^{ème} Kyu	1 ^{er} Kyu
TAI SABAKI	Irimi O Irimi	Nagashi Hiki	Hiraki Hachi		
UKEMI	Ushiro Ukemi Mae Ukemi	Yoko Ukemi	Mae Ukemi – <i>brisée</i>		
TSUKI WASA	Chuku Tsuki Omote Yokomen Uchi Ura Yokomen Uchi	Koshi Tsuki Hiki Tsuki	Jyun Uchi Hineri Uchi		
HOJO UNDO	Nigiri Gaeshi Neji Gaeshi	Shinogi Oshi Gaeshi	Tsuppari	Nigiri Gaeshi 2 Neji Gaeshi 2	
TE HODOKI	Jyunte Dori Dosokute Dori Gyakute Dori	Ryote dori Ryote Ippo Dori Sode / Ryo Sode Dori Muna Dori	Ushiro Eri Dori Ushiro Ryote Dori Ushiro Shitate Dori	Ushiro Uwate Ushiro Katate Dori Eri Jime Ushiro Ryo Sode Dori	
KIHON NAGE WAZA	Mukae Daoshi Shiho Nage	Yuki Chigae Tenbim Nage	Neji Kote Gaeshi Hachi Mawashi	Koshi Nage	
KIHON OSAE WASA			Ushiro Hiji Kudaki Robuse (forme Irimi) Kote Kudaki	Yuki Chigae Shiho Nage Mukae Daoshi	
TECHNIQUES COMPLEMENTAIRES		Ura Ude Nage	Ushiro Kata Otoshi	Robuse Tenkan	
WANO SEISHIN			Mae	Ushiro	
KATA		Suwari Waza	Tsuki Uchi No Kata Keri Goho No Kata Happoken Kata	Tambo No kata	Ken no Kata Tanto No Kata
TECHNIQUES HISTORIQUES					
RANDORI		Ju No Randori	Futari Dori Randori	Taninzu Dori Randori	Taninzu Dori Randori

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TECHNIQUES HISTORIQUES					
RANDORI		Ju No Randori	Futari Dori Randori	Taninzu Dori Randori	Taninzu Dori Randori