

ANNALES - PASSAGE 1^{ER} DAN et 3^{ème} DAN 31/01/2009
1er DAN - Epreuve N°1

Suwari Waza

Shomen uchi Ikkyo
 Nikyo
 Sankyo
 Yonkyo
 Gokyo

Kata dori Nikyo

Hanmi Handachi Waza

Katate dori Ikkyo
 Nikyo
 Soto Kaiten nage
 Irimi nage
 Shiho nage

Ryote dori Shiho nage

Tachi Waza

Aihanmi katatedori Kote gaeshi
 Shihonage
 Nikyo

Ryote dori Kokyu nage
 Koshi nage

Katate ryote dori Kokyu Ho
 Irimi nage
 Ikkyo

Kata dori Ikkyo

Yokomen uchi Yonkyo
 Gokyo
 Shiho nage
 Irimi nage

Ushiro Waza

Ushiro ryote dori Kotegaeshi
 Irimi nage
 Sankyo

Ushiro ryokata dori Sankyo

+ jo nage et jo dori

1er DAN - Epreuve N°2

Suwari Waza

Kata dori Ikkyo
 Nikyo

Shomen uchi Sankyo
 Yonkyo
 Gokyo
 Irimi nage
 Kote gaeshi

Hanmi Handachi Waza

Katate dori	Ikkyo Kokyu nage Kaiten nage Shiho nage Irimi nage
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Ushiro ryokata dori	Kokyu nage Ikkyo
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Tachi Waza

Kata dori	Kokyu nage
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Katate dori	Shiho nage
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Katate ryote dori	Shiho nage Irimi nage
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Kata dori menuchi	Kokyu nage Koshi nage Ikkyo Sankyo
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Shomen uchi	Ju waza Irimi nage Shiho nage
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Ushiro Waza

Ushiro ryote dori	Kokyu nage Koshi nage Shiho nage Kote gaeshi
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+ tanto Ju waza (précisé : « tenue tsuki »)

1er DAN - Epreuve N°3**Suwaru Waza**

Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi
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Yokomen uchi	Irimi nage
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Kata dori	Nikyo
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Hanmi Handachi Waza

Katate dori	Uchi Kaiten nage Soto Kaiten nage Kote gaeshi Irimi nage Ikkyo Shiho nage
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Ryote dori	Shiho nage
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Ushiro ryokata dori	Ikkyo
Tachi Waza	
Katate ryote dori	Udekime nage Irimi nage Ikkyo Koshi nage Ju waza
Katate dori	Ikkyo
Kata dori menuchi	Kokyu nage Kote gaeshi Irimi nage Koshi nage
Shomen uchi	Ju waza Kote gaeshi
Yokomen uchi	Sankyo
Chudan tsuki	Kote gaeshi Shiho nage
Ushiro Waza	
Ushiro ryote dori	Kokyu nage Kote gaeshi Irimi nage Shiho nage
+ jo dori, jo nage	

Passage 3^{ème} Dan 01/02/2009
Epreuves « mains nues »

3ème DAN - Epreuve N°1

Suwari Waza

Yokomen Uchi	Ikkyo Nikyo Irimi nage Kote gaeshi Sankyo
Shomen uchi	Irimi nage Kokyu nage

Hanmi Handachi Waza

Katate dori	Irimi nage Shiho nage Uchi kaiten nage Soto kaiten nage Kokyu nage Ikkyo Nikyo Sankyo
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Shomen uchi	Kote gaeshi
Ryote dori	Shiho nage
Ushiro Ryokata dori	Nikyo Ikkyo

Tachi Waza

Yokomen uchi	Ikkyo Irimi nage Kote gaeshi Udekime nage Koshi nage Kokyu nage
Ryote dori	Tenchi nage Kokyu nage Koshi nage Kote gaeshi
Katadori Menuchi	Ikkyo Nikyo Shiho nage Kote gaeshi Koshi nage
Ushiro Katate dori Kubishime	Shiho nage
Ushiro Ryote dori	Ju waza

+ Tanto : Une attaque shomen, Yokomen uchi Ju waza, Chudan tsuki Ju waza
+ Bokken : 4 attaques shomen

3ème DAN - Epreuve N°2

Suwari Waza

Yokomen uchi	Nikyo
Kata dori	Sankyo
Yokomen uchi	Irimi nage Kote gaeshi
Mae Ryokata dori	Ikkyo
Shomen uchi	Kokyu nage Irimi nage Kote gaeshi

Hanmi Handachi Waza

Katate dori	Shiho nage Kokyu nage Nikyo Shiho nage Irimi nage Kote gaeshi
Shomen uchi	Irimi nage

	Kote gaeshi
Ryote dori	Shiho nage Kokyu nage

Ushiro Ryokata dori	Ikkyo Kokyu nage Kote gaeshi
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Tachi Waza

Yokomen uchi	Ju waza
Ryote dori	Tenchi nage Koshi nage Kokyu nage Kote gaeshi

Katadori Menuchi	Ikkyo Shiho nage Irimi nage Koshi nage Kokyu nage
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Ushiro Katate dori	
Kubishime	Shiho nage Irimi nage

Ushiro Ryote dori	Ju waza
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Ushiro Ryokata dori	Sankyo
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+ Tanto : Shomen uchi Gokyo, Shomen uchi Ju waza,
Chudan tsuki Kote gaeshi, Chudan tsuki Irimi nage
+ Bokken : 4 attaques shomen

3ème DAN - Epreuve N°3

Suwaru Waza

Shomen Uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
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Kata dori	Ikkyo Nikyo Irimi nage Kote gaeshi
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Hanmi Handachi Waza

Shomen Uchi	Irimi nage Kote gaeshi
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Katate dori	Ju waza
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Ryote dori	Kokyu nage Shiho nage
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Ushiro Ryokata dori	Kokyu nage Ikkyo Sankyo
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Tachi Waza

Chudan tsuki Kote gaeshi
 Hijikime osae

Shomen uchi Ju waza

Yokomen uchi Kokyu nage
 Koshi nage

Muna dori Sankyo
 Shiho nage

Ushiro Ryokata dori Sankyo
 Kokyu nage

Ushiro Ryote dori Nikyo
 Shiho nage
 Kote gaeshi
 Kokyu nage
 Koshi nage

Ushiro Katate dori
Kubishime Ikkyo
 Shiho nage
 Koshi nage

+ 2 Kata de Jo et 2 kata de bokken