

ANNALES - PASSAGE 1^{ER} DAN JUIN 2009

Attention : ces relevés ont été établis à partir d'un nombre restreint de jurys, qui ne sont pas nécessairement représentatifs d'une pratique courante.

1er DAN - Epreuve A

Suvari Waza

Shomen uchi Ikkyo
 Nikyo
 Sankyo
 Yonkyo
 Gokyo
 Irimi nage
 Kote gaeshi

Hanmi Handachi Waza

Katate dori Kokyu nage
 Shiho nage
 Irimi nage
 Uchi Kaiten nage
 Soto Kaiten nage

Tachi Waza

Katate ryote dori Ikkyo
 Kote gaeshi

Ryote dori Tenchi nage
 Kote gaeshi
 Ju Waza
 Kokyu nage

Ushiro Waza

Ushiro ryote dori Ikkyo
 Shiho nage
 Ju Waza
 Kokyu nage

+ jo nage et jo dori

1er DAN - Epreuve B

Suvari Waza

Shomen uchi Ikkyo
 Nikyo
 Sankyo
 Yonkyo
 Gokyo
 Irimi nage
 Kote gaeshi

Hanmi Handachi Waza

Katate dori Kokyu nage
 Uchi Kaiten nage
 Soto Kaiten nage
 Shiho nage

Tachi Waza

Ryote dori Tenchi nage
 Shiho nage
 Kote gaeshi
 Koshi nage

Yokomen uchi Udekime nage
 Shiho nage
 Kote gaeshi
 Irimi nage

Katate ryote dori Kokyu nage
 Irimi nage
 Ju Waza
 Kote gaeshi

Kata dori MenUchi Ju Waza
 Ikkyo
 Shiho nage
 Irimi nage
 Kokyu nage (3)

Ushiro Waza

Ushiro ryote dori Kote gaeshi
 Irimi nage

+ Jo dori, Jo nage

1er DAN - Epreuve C**Suware Waza**

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

Katate dori	Ikkyo Nikyo Shiho nage Kote gaeshi Ju Waza Uchi Kaiten nage Irimi nage
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Ushiro Ryokata dori	Ikkyo Nikyo Kokyu nage
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Tachi Waza

Ryote dori	Tenchi nage Kote gaeshi Shiho nage Ju Waza
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Ushiro Waza

Ushiro ryokata dori	Ikkyo
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Ushiro ryote dori	Ikkyo Kokyu nage Kote gaeshi
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Tanto dori (« en saisie tsuki ») :

1er DAN - Epreuve D**Suware Waza**

Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi
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Ryote dori	Kokyu Ho
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Hanmi Handachi Waza

Katate dori	Ikkyo Shiho nage Uchi Kaiten nage Soto Kaiten nage Sumi Otoshi
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Shomen Uchi	Irimi nage
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Tachi Waza

Aihanmi Katate dori	Ikkyo Irimi nage Kote gaeshi
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Katate dori	Irimi nage Kokyu Ho Shiho nage Kote gaeshi
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Chudan Tsuki	Ikkyo Kaiten nage
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Yokomen Uchi	Kote gaeshi Shiho nage Irimi nage
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Kata dori MenUchi	Irimi nage Nikyo Kote gaeshi Kokyu nage
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Ushiro Waza

Kubishime	Ikkyo Koshi nage
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Ushiro ryote dori	Ikkyo Kote gaeshi
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Tanto dori (« en saisie tsuki ») :

Chudan tsuki *Kote gaeshi*
 Hidjikime osae

Yokomen uchi *Ikkyo*
 Gokyo

1er DAN - Epreuve E**Suwari Waza**

Shomen uchi *Ikkyo*
 Nikyo
 Sankyo
 Yonkyo
 Gokyo
 Irimi nage
 Kote gaeshi

Hanmi Handachi Waza

Katate dori *Ikkyo*
 Nikyo
 Shiho nage
 Irimi nage
 Uchi Kaiten nage
 Soto Kaiten nage

Ushiro Ryokata dori *Sankyo*
 Kokyu nage

Tachi Waza

Ryote dori *Tenchi nage*
 Koshi nage
 Kokyu nage

Ushiro Waza

Ushiro ryote dori *Ikkyo*
 Irimi nage
 Kote gaeshi
 Shiho nage

Kubishime

Sankyo
Koshi nage

Tachi Waza (retour)

Kata dori Menuchi *Ikkyo*
 Irimi nage
 Shiho nage
 Kokyu nage

Yokomen uchi

Ikkyo
Shiho nage
Kote gaeshi
Irimi nage

Tanto dori

Chudan Tsuki *Kote gaeshi*
 Irimi nage

Yokomen uchi *Shiho nage*
 Gokyo

Shomen uchi *Gokkyo*

1er DAN - Epreuve F**Suvari Waza**

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

Shomen uchi	Kote gaeshi Irimi nage
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Tanto dori

<i>Chudan Tsuki</i>	<i>Kote gaeshi Udekime nage Shiho nage Irimi nage</i>
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Tachi Waza

Shomen uchi	Ju Waza
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Yokomen uchi	Ju Waza
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Aihanmi Katate dori	Irimini nage Shiho nage
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Chudan tsuki	Ju Waza
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Ushiro Waza

Ushiro ryote dori	Ikkyo Kokyu nage
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1er DAN - Epreuve G**Suvari Waza**

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

Katate dori	Ikkyo Shiho nage Irimi nage Kote gaeshi Uchi Kaiten nage Soto Kaiten nage
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Ushiro ryokata dori	Ikkyo Kokyu nage
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Tanto dori

<i>Chudan Tsuki</i>	<i>Ikkyo Kote gaeshi</i>
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<i>Yokomen uchi</i>	<i>Gokyo Shiho nage</i>
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Tachi Waza

Katate Ryote dori	Ikkyo Irimi nage Udekime nage Shiho nage
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Ushiro Waza

Ushiro Ryote dori	Ikkyo Irimi nage Shiho nage Koshi nage Kokyu nage
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Tachi Waza (retour)

Chudan Tsuki	Kote gaeshi Irimi nage
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1er DAN - Epreuve H**Suwari Waza**

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

Katate dori	Ikkyo Uchi Kaiten Sankyo
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Ryote dori	Shiho nage
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Yokomen uchi	Irimi nage
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Tachi Waza

Ryote dori	Shiho nage Kote gaeshi Kokyu nage
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Yokomen uchi	Shiho nage Ikkyo Irimi nage Uchi Kaiten nage
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Chudan Tsuki	Ikkyo Kote gaeshi
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Ushiro Waza

Ushiro Ryote dori	Ikkyo
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Kubishime	Shiho nage Kote gaeshi Irimi nage Kokyu nage
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Jo dori, Jo nage**1er DAN - Epreuve I****Suwari Waza**

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

Katate dori	Ikkyo Nikyo Shiho nage Uchi kaiten nage Soto kaiten nage
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Ushiro Ryokata dori	Yonkyo Ikkyo
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Tachi Waza

Ryote dori	Tenchi nage Koshi nage Kokyu nage
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Ushiro Waza

Ushiro Ryokata dori	Ikkyo Sankyo
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Ushiro Ryote dori	Sankyo Irimi nage Koshi nage
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Kubishime	Kokyu nage
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Tachi Waza (retour)
Yokomen uchi Ju Waza

Tanto dori

Chudan Tsuki	Ju Waza
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Yokomen uchi	Ikkyo Shiho nage
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1er DAN - Epreuve J**Suwari Waza**

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

Ryote dori	Ikkyo Shiho nage
Katate dori	Ikkyo
Ushiro Ryokata dori	Kokyu nage Ikkyo

Tachi Waza

Kata dori	Shiho nage
Mae Ryokata dori	Shiho nage Kokyu nage
Katate dori	Kokyu nage
Shomen uchi	Irimi nage Uchi Kaiten nage Soto Kaiten nage

Ushiro Waza

Ushiro Ryokata dori	Kokyu nage Ikkyo
Ushiro Ryote dori	Shiho nage Kote gaeshi
Kubishime	Shiho nage Kote gaeshi Irimi nage

Tachi Waza (retour)

Chudan Tsuki	Juwaza
Ryote dori	Shiho nage Koshi nage

Jo dori, Jo nage**1er DAN - Epreuve K****Suwari Waza**

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

Katate dori	Ikkyo Shiho nage Uchi kaiten nage Soto kaiten nage
Ushiro Ryokata dori	Ikkyo Sankyo Kokyu nage

Tachi Waza

Ryote dori	Tenchi nage Nikyo Koshi nage Kokyu nage Shiho nage Irimi nage
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Ushiro Waza

Kubishime	Sankyo Koshi nage Kokyu nage Irimi nage
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Tachi Waza (retour)

Shomen uchi	Juwaza
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Tanto dori

Chudan Tsuki	Ju Waza
Yokomen uchi	Shiho nage Gokyo

1er DAN - Epreuve L**Suwari Waza**

Shomen uchi

Ikkyo
Nikyo
Sankyo
Yonkyo
Gokyo**Hanmi Handachi Waza**

Katate dori

Ikkyo
Shiho nage
Kokyu nage**Tachi Waza**

Shomen uchi

Shiho nage
Irimi nage
Uchi Kaiten nage
Kokyu nage
Udekime nage

Ryote dori

Kokyu nage
Shiho nage

Katate dori

Ikkyo
Uchi Kaiten nage
Soto kaiten nage**Ushiro Waza**

Ushiro Ryote dori

Kokyu nage
Koshi nage

Kubishime

Shiho nage
Kote gaeshi**Tachi Waza (retour)**

Chudan Tsuki

Ju Waza

Jo dori, Jo nage