

ANNALES - PASSAGE 1^{ER} DAN FEVRIER 2010

1er DAN - Epreuve A

<p>Suwari Waza Shomen uchi</p> <p>Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi</p> <p>Hanmi Handachi Waza Katate dori</p> <p>Ikkyo Uchi Kaiten nage Shiho nage (omote – ura)</p> <p>Ushiro Ryokata dori</p> <p>Kokyu nage Ikkyo</p>	<p>Tachi Waza Shomen uchi</p> <p>Irimi nage Kote gaeshi Shiho nage</p> <p>Ryote dori</p> <p>Tenchi nage Kokyu nage (x 4) Ikkyo (omote – ura)</p> <p>Yokomen uchi</p> <p>Ju waza (x 3)</p> <p>Ushiro Waza Ushiro ryote dori</p> <p>Kokyu nage Koshi nage Irimi nage Shiho nage Sankyo</p>
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+ tanto dori : *Chudan tsuki Ju waza
Shomen uchi Gokyo
Yokomen uchi Gokyo*

1er DAN - Epreuve B

<p>Suwari Waza Shomen uchi</p> <p>Ikkyo Nikyo Sankyo Yonkyo</p> <p>Yokomen uchi</p> <p>Gokyo</p> <p>Hanmi Handachi Waza Katate dori</p> <p>Kokyu nage Uchi Kaiten nage Shiho nage</p> <p>Shomen uchi</p> <p>Kote gaeshi</p> <p>Ushiro RyoKata dori</p> <p>Ikkyo</p>	<p>Tachi Waza Ryote dori</p> <p>Shiho nage</p> <p>Katate dori</p> <p>Ju waza (x 4)</p> <p>Ryote dori</p> <p>Koshi nage</p> <p>Shomen uchi</p> <p>Shiho nage Kote gaeshi Irimi nage Ju waza (1) Kokyu nage (1)</p> <p>Yokomen uchi</p> <p>Udekime nage</p> <p>Ushiro Waza Ushiro ryote dori</p> <p>Ikkyo Irimi nage Kokyu nage</p>
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+ tanto dori : *Chudan tsuki Ju waza
Yokomen uchi Gokyo (en précisant « gyaku te »)
Shomen uchi Shiho nage*

1er DAN - Epreuve C

Suvari Waza		Tachi Waza	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo	Katate dori	Ikkyo Nikyo Shiho nage
Katate dori	Ikkyo (*)	Aihanmi Katate dori	Nikyo
Hanmi Handachi Waza		Shomen uchi	Ju waza (x 5)
Katate dori	Ikkyo (précisé : « ura ») Nikyo Shiho nage	Ryote dori	Tenchi nage Koshi nage
Shomen uchi	Ikkyo Irimi nage	Shomen uchi	Kote gaeshi
		Kata dori Menuchi	Kote gaeshi Irimi nage
		Yokomen uchi	Ju waza
		Ushiro Waza	
		Ushiro ryote dori	Ikkyo Kote gaeshi Shiho nage
		Ushiro ryokata dori	Ju waza (x 3)

+ jo dori, jo nage**1er DAN - Epreuve D**

Suvari Waza		Tachi Waza	
Aihanmi Katate dori	Ikkyo (*) Nikyo (*) Sankyo (*)	Aihanmi Katate dori	Kote gaeshi Shiho nage Nikyo Kokyu nage
Katatedori		Shomen uchi	Ju waza (x 4)
Shomen uchi	Irimi nage	Kata dori Menuchi	Ikkyo Sankyo Koshi nage
Yokomen uchi	Ikkyo	Yokomen uchi	Kote gaeshi Ikkyo Nikyo Irimi nage
Ryote dori	Kokyuho	Chudan tsuki	Ju waza (x 4)
Hanmi Handachi Waza		Ryote dori	Tenchi nage
Katate dori	Uchi Kaiten nage Shiho nage Kokyu nage	Ryote dori	Koshi nage
Shomen uchi	Irimi nage (*)	Ushiro Waza	
Yokomen uchi	Kote gaeshi (*)	Ushiro ryote dori	Kokyu nage Kote gaeshi Shiho nage
Ryote dori	Shiho nage Kokyu nage	Ryokata dori	Sankyo
		Ushiro Kubishime	Kokyu nage

Jo dori, Jo nage

1er DAN - EPREUVE E

Suwari Waza		Tachi Waza	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Kote gaeshi Irimi nage	Aihanmi Katate dori	Nikyo Shiho nage Kote gaeshi
Kata dori	Ikkyo	Shomen uchi	Irimi nage Kote gaeshi Shiho nage Kaiten nage
Hanmi Handachi Waza		Ryote dori	Tenchi nage Koshi nage Ikkyo Kote gaeshi
Katate dori	Ikkyo Irimi nage Shiho nage	Kata dori Menuchi	Kote gaeshi Shiho nage Irimi nage
Ryote dori	Shiho nage	Chudan tsuki	Kote gaeshi
Shomen uchi	Irimi nage	Yokomen uchi	Ju waza
		Ushiro Waza	
		Ushiro ryote dori	Ju waza (x 2) Kote gaeshi Shiho nage
		Ushiro ryokata dori	Kokyu nage
		Katate dori Kubishime	Kote gaeshi

+ Tanto dori *Chudan tsuki Ju waza*
Shomen uchi Gokyo
Yokomen uchi Gokyo
