

# ANNALES - PASSAGE 1<sup>ER</sup> DAN JUIN 2010

## 1er DAN - Epreuve A

<p><b>Suwari Waza</b></p> <p>Shomen uchi            Ikkyo                               Nikyo                               Sankyo                               Yonkyo                               Gokyo                               Irimi nage                               Kote gaeshi                               Kokyu nage</p> <p><b>Hanmi Handachi Waza</b></p> <p>Katate dori            Ikkyo                               Shiho nage                               Kote gaeshi                               Uchi Kaiten nage                               Soto Kaiten nage                               Kokyu nage</p>	<p><b>Tachi Waza</b></p> <p>Ryote dori            Tenchi nage                               Irimi nage                               Shiho nage</p> <p>Kata dori Menuchi    Shiho nage                               Ju waza (x 3)</p> <p><b>Ushiro Waza</b></p> <p>Ushiro Ryote dori    Ikkyo                               Irimi nage                               Shiho nage                               Kokyu nage</p>
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**+ jo dori, jo nage**

## 1er DAN - Epreuve B

<p><b>Suwari Waza</b></p> <p>Shomen uchi            Ikkyo                               Nikyo                               Sankyo                               Yonkyo                               Gokyo                               Irimi nage                               Kote gaeshi</p> <p><b>Hanmi Handachi Waza</b></p> <p>Katate dori            Ikkyo                               Nikyo (ura)                               Shiho nage</p> <p>Ushiro Ryokata dori    Ikkyo                               Kote gaeshi                               Nikyo (ura)</p>	<p><b>Tachi Waza</b></p> <p>Ryote dori            Tenchi nage                               Ikkyo                               Irimi nage                               Shiho nage                               Koshi nage</p> <p>Kata Dori Menuchi    Irimi nage                               Sankto                               Koshi nage</p> <p><b>Ushiro Waza</b></p> <p>Ushiro Ryote dori    Ikkyo                               Nikyo                               Irimi nage                               Shiho nage                               Udekime nage</p>
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**+ jo dori, jo nage**

**1er DAN - Epreuve C**

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage	Aihanmi Katate dori	Shiho nage Kote gaeshi Irimi nage
Kata dori	Ikkyo	Yokomen uchi	Irimi nage Kote gaeshi
<b>Hanmi Handachi Waza</b>		Shomen uchi	Shiho nage
Katate dori	Ikkyo Shiho nage Uchi Kaiten nage Soto Kaiten nage (omote + ura) Irimi nage	Ryote dori	Tenchi nage Koshi nage
Ryote dori	Kokyu nage	Kata Dori Menuchi	Kote gaeshi Ikkyo Kokyu nage Irimi nage Shiho nage
		Chudan Tsuki	Ju waza
		<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ikkyo Irimi nage
		Ushiro Ryokata dori	Kokyu nage Sankyo

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

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Kote gaeshi Irimi nage	Katate dori	Ikkyo Shiho nage Kote gaeshi Irimi nage
<b>Hanmi Handachi Waza</b>		Ryote dori	Tenchi nage Shiho nage
Katate dori	Kokyu nage Uchi Kaiten nage Soto Kaiten nage Shiho nage Irimi nage Ikkyo Nikyo	Yokomen uchi	Nikyo Sankyo Irimi nage
Ushiro Ryokata dori	Kokyu nage Sankyo	Kata Dori Menuchi	Kokyu nage Shiho nage Ikkyo
		<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ikkyo Shiho nage

**+ tanto dori :** Shomen Uchi Ikkyo  
Gokyo  
Gokyo (précisé « en gyaku te »)

**1er DAN - Epreuve E**

<b>Suware Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi	Ryote dori	Tenchi nage Shiho nage
<b>Hanmi Handachi Waza</b>		Katate dori	Kokyu nage Uchi Kaiten nage Irimi nage
Katate dori	Ikkyo Sankyo Soto Kaiten nage Uchi Kaiten nage Kote gaeshi Shiho nage	Shomen Uchi	Kote gaeshi Irimi nage Nikyo
		Yokomen uchi	Udekime nage Kote gaeshi Irimi nage
		Kata Dori Menuchi	Kokyu nage Kote gaeshi Ikkyo
		<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ikkyo Kokyu nage Sankyo Irimi nage Koshi nage

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

<b>Suware Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi	Ryote dori	Tenchi nage Shiho nage Udekime nage
<b>Hanmi Handachi Waza</b>		Katate dori	Kote gaeshi Sankyo
Katate dori	Kokyu nage Soto Kaiten nage Uchi Kaiten nage Shiho nage	Shomen Uchi	Irimi nage Kote gaeshi Sankyo Nikyo (ura)
		Kata Dori Menuchi	Kokyu nage Ikkyo Kote gaeshi Shiho nage
		<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Kokyu nage Kote gaeshi Shiho nage Naname

**+ jo dori, jo nage**

**1er DAN - Epreuve G**

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo	Kata dori	Ju waza (4 techniques)
<b>Hanmi Handachi Waza</b>		Muna dori	Ikkyo Nikyo
Katate dori	Ikkyo Uchi Kaiten nage Soto Kaiten nage Shiho nage Kokyu nage	Ryote dori	Tenchi nage Koshi nage Kokyu nage Shiho nage
Ryote dori	Shiho nage	Kata Dori Menuchi	Ikkyo Irimi nage Shiho nage
		Yokomen uchi	Ju waza (4 techniques)
		Chudan Tsuki	Ju waza
		<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ikkyo Nikyo Kote gaeshi

+ *tanto dori* : Chudan tsuki Ju waza  
Shomen uchi Gokyo

**1er DAN - Epreuve H**

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi Kokyu nage	Ryote dori	Tenchi nage Irimi nage Kote gaeshi
<b>Hanmi Handachi Waza</b>		Katate dori	Irimi nage Kote gaeshi Shiho nage Kokyu nage
Katate dori	Ikkyo Shiho nage Kote gaeshi Irimi nage Uchi Kaiten nage Soto Kaiten nage	Kata Dori Menuchi	Udekime nage Kokyu nage Koshi nage
		<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Kokyu nage Ikkyo Juji garami Udekime nage Kote gaeshi Shiho nage

+ *jo dori, jo nage*

**1er DAN - Epreuve I**

<b>Suware Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi Kokyu nage	Katate dori	Kokyu nage Shiho nage Irimi nage Kote gaeshi
		Shomen uchi	Nikyo (ura) Shiho nage Irimi nage
<b>Hanmi Handachi Waza</b>		Kata Dori Menuchi	Kote gaeshi Udekime nage Kokyu nage Koshi nage
Katate dori	Ikkyo Shiho nage Irimi nage Kote gaeshi Uchi Kaiten nage Soto Kaiten nage Kokyu nage	<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ikkyo Kote gaeshi Shiho nage Kokyu nage

**+ tanto dori :**      *Chudan tsuki Kote gaeshi  
Ikkyo  
Uchi Kaiten Sankyo  
Shiho nage*

**1er DAN - Epreuve J**

<b>Suware Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi nage Kote gaeshi	Ryote dori	Tenchi nage Naname Koshi nage Shiho nage Ju waza (2 techniques)
		Katate dori	Ju waza (2 techniques)
<b>Hanmi Handachi Waza</b>		Yokomen uchi	Ikkyo Shiho nage Udekime nage Kote gaeshi Kokyu nage
Katate dori	Kokyu nage Soto Kaiten nage	<b>Ushiro Waza</b>	
Shomen uchi	Kokyu nage Kote gaeshi	Ushiro Ryote dori	Kokyu nage Ikkyo
Ushiro Ryokata dori	Ikkyo Kokyu nage	Kubishime	Kokyu nage Ikkyo Naname

**+ jo dori, jo nage**

# ANNALES - PASSAGE 4<sup>ème</sup> DAN JUIN 2010

## 4<sup>ème</sup> DAN - Epreuve A

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo Ju waza	Yokomen uchi	Shiho nage Udekime nage Koshi nage
Katate dori	Ikkyo Irimi nage	Kata Dori Menuchi	Ikkyo Shiho nage
Kata dori	Nikyo (ura)	Jodan tsuki	Ju waza Kote gaeshi Soto Kaiten nage
<b>Hanmi Handachi Waza</b>		Muna dori	Shiho nage
Katate dori	Ikkyo Nikyo Shiho nage Kaiten nage Kote gaeshi Irimi nage Ju waza (3 techniques)	<b>Ushiro Waza</b>	
Ushiro Ryokata dori	Ikkyo Irimi nage Kokyu nage	Ushiro Ryote dori	Ikkyo Kote gaeshi Koshi nage Kokyu nage (3 techniques)

+ **Tanto dori** : Yokomen uchi Gokyo  
Chudan tsuki Ju waza (3 techniques)

+ **Jo dori, Jo nage**

## 4<sup>ème</sup> DAN - Epreuve B

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Irimi nage Kote gaeshi	Shomen uchi	Ju waza
Kata dori	Ikkyo Nikyo (ura) Kokyu nage	Kata dori Menuchi	Nikyo (ura) Irimi nage Shiho nage Kote gaeshi
<b>Hanmi Handachi Waza</b>		Ryote dori	Tenchi nage Kokyu nage (3 techniques) Koshi nage
Katate dori	Nikyo (ura) Shiho nage (ura) Uchi Kaiten nage Soto Kaiten nage	<b>Ushiro Waza</b>	
Shomen uchi	Ikkyo Kote gaeshi	Kubishime	Ju waza (4 techniques)
Ushiro Ryokata dori	Ikkyo Kote gaeshi Sankyo Kokyu nage	<b>Tachi Waza (retour)</b>	
		Chudan tsuki	Ju waza (3 techniques)

+ **Jo dori, Jo nage**

4<sup>ème</sup> DAN - Epreuve C

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo	Yokomen uchi	Ikkyo Ju waza (3 techniques) Tenchi nage Koshi nage
Kata dori	Ikkyo Gokyo	Ryote dori	Irimi nage
Yokomen uchi	Irimi nage Kote gaeshi	Muna dori	Ikkyo
<b>Hanmi Handachi Waza</b>		Kata dori Menuchi	Kote gaeshi Irimi nage Shiho nage Ju waza
Katate dori	Ju waza (2 techniques) Uchi Kaiten nage Ikkyo Nikyo (ura)	Chudan tsuki	Hijikime osae Kote gaeshi Uchi Kaiten nage Ude garami
Ushiro Ryokata dori	Ikkyo Sankyo Kokyu nage	<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ikkyo Koshi nage
		Kubishime	Ju waza (4 techniques) Kote gaeshi

+ *Jo dori, Jo nage*4<sup>ème</sup> DAN - Epreuve D

<b>Suwari Waza</b>		<b>Tachi Waza</b>	
Shomen uchi	Ikkyo Nikyo Sankyo Yonkyo Gokyo	Shomen uchi	Ju waza
Yokomen uchi	Irimi nage Kote gaeshi	Kata dori Menuchi	Ikkyo Kote gaeshi Kokyu nage Koshi nage
<b>Hanmi Handachi Waza</b>		Katate Ryote dori	Ikkyo Sankyo Juji garami Shiho nage Ju waza
Katate dori	Ikkyo Nikyo (ura) Uchi Kaiten nage Soto Kaiten nage Kokyu nage	Chudan tsuki	Ju waza (6 techniques)
Ushiro Ryokata dori	Ju waza	<b>Ushiro Waza</b>	
		Ushiro Ryote dori	Ju waza
		Ushiro Ryokata dori	Sankyo Kote gaeshi
		Kubishime	Ikkyo Kote gaeshi Shiho nage

+ *Jo dori, Jo nage*