

Programme passage de grade

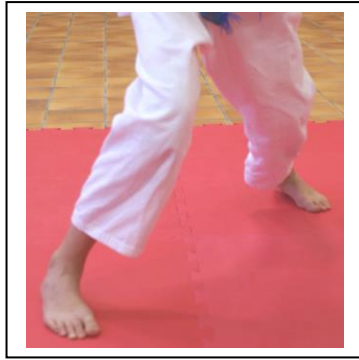
Grade : 2^e kyu marron 2

➤ Positions « DACHI »

Techniques « WAZA »



Neko Ashi Dachi



Hangetsu Dachi

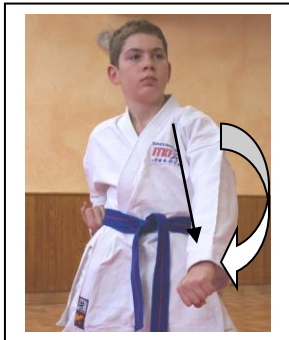


Sochin dachi



Mawashi Stuki

➤ Techniques « WAZA et geri waza »



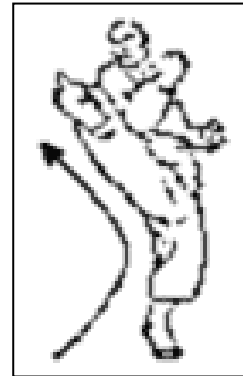
Nagashi Uke



Ashi Barai (balayage)



(Mae) Tobi Geri (sauté)



Gyaku Mikatsuki Geri



Fumikomi



Empi



Kagi zuki



Ura Mawashi Geri



Mikazuki Geri

- **Kata** : Tekki shodan + 2 phase bunkai
- **Kumité** : Jiyu Ippon Kumité (1 attaques/1 défenses) (jodan et chudan zuki et mae geri et yoko geri kekomi)