

3 ème KYU



Tachi waza

<p>katate Ryote dori</p> <p>Katate ryote dori (morote dori)</p>	<p>Ikkyo Nikyo Kote gaeshi Ude kime nage Kokyo ho</p>	<p>Ryote dori</p> <p>Ryote dori</p>	<p>Ikkyo Shiho nage</p>
<p>Ushiro Ryote dori</p> <p>Ushiro ryote dori</p>	<p>Ikkyo Nikyo Kote gaeshi Shiho nage Irimi nage Ude kime nage</p>	<p>Kokyu nage</p>	<p>Diverses formes d'attaques</p>
<p>Yokomen uchi</p>	<p>Ikkyo Nikyo Sankyo Yonkyo Kote gaeshi Irimi nage</p>	<p>Shomen uchi</p>	<p>Nikyo Sankyo Yonkyo</p>

Hanmi Handachi waza



<p>katate dori</p>	<p>Shiho nage Uchi kaiten nage</p>	<p>Shomen uchi</p>	<p>Irimi nage</p>
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Suwari waza



<p>katate dori</p>	<p>Ikkyo Nikyo</p>	<p>kata dori</p>	<p>Ikkyo Nikyo</p>
<p>Shomen uchi</p>	<p>Ikkyo Sankyo Yonkyo Kote gaeshi</p>		