
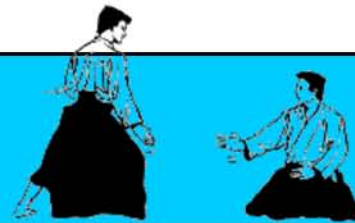


## 2<sup>ème</sup> KYU



### Tachi waza

<b>Kata Dori Men Uchi</b> 	<b>Ikkyo Nikyo Sankyo Kote gaeshi Shihonage Irimi Nage</b>	<b>Katate Dori</b>	<b>Sankyo Yonkyo Sumi Otoshi Aiki Otoshi Koshi Nage</b>
<b>Ai Hammi Katate Dori</b>	<b>Koshi Nage</b>	<b>Kata Dori</b>	<b>Sankyo Yonkyo</b>
<b>Ryote Dori</b>	<b>Kote Gaeshi Irimi Nage</b>		
<b>Ushiro Ryote Dori</b>	<b>Juji Garami Sokumen Irimi Nage</b>	<b>Ushiro Ryo Hiji Dori Ushiro Ryo Kata Dori</b>	<b>Ikkyo Ikkyo</b>
<b>Yokomen uchi</b>	<b>Gokyo</b>	<b>Shomen uchi</b>	<b>Shiho nage Soto Kaiten Nage Uchi Kaiten Nage</b>
<b>Chudan Tsuki</b>	<b>Ikkyo Irimi Nage</b>	<b>Jodan Tsuki</b>	<b>Hiji Kime Osae</b>
<b>Mae Ryo Kata Dori</b>	<b>Sokumen Irimi Nage</b>	<b>Diverses Frappes</b>	<b>Kokyu Nage</b>



### Hanmi Handachi waza

<b>Katate Dori Ryote Dori</b>	<b>Soto Kaiten Nage Shiho nage</b>	<b>Shomen uchi</b>	<b>Kote Gaeshi</b>
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### Suwari Waza

<b>Ryo Kata Dori Kata Dori Katate Dori</b>	<b>Ikkyo Nikyo Sankyo Kote gaeshi Irimi Nage</b>	<b>Yokomen uchi</b>	<b>Ikkyo Nikyo Sankyo Yonkyo Gokyo Irimi Nage</b>
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