

**8ème kyu****KIHON**

Oi tsuki jodan ZKD
 Oi tsuki chudan
 Gyaku tsuki
 Age uke
 Uchi uke
 Soto uke
 Gedan barai
 Shuto uke KKD
 Mae geri ZKD
 Mawashi geri
 Yoko geri keage KBD
 Yoko geri kekomi

KUMITE

Go on kumite (1,2 et 3) hidari

KATA

Heian shodan

7ème kyu**KIHON**

Oi tsuki jodan ZKD
 Oi tsuki chudan
 Sanbon tsuki jodan, chudan, chu
 Age uke gyaku tsuki
 Soto uke gyaku tsuki
 Uchi uke gyaku tsuki
 Gedan barai gyaku tsuki
 Shuto uké KKD+nukiteZKD
 Mae geri ZKD
 Mawashi geri ZKD
 Yoko geri keage KBD
 Yoko geri kekomi KBD

KUMITE

San bon kumite hidari(1,2 et 3)

KATA

Heian nidan

6ème kyu**KIHON**

Oi tsuki jodan ZKD
 Oi tsuki chudan
 Sanbon tsuki
 Age uke gyaku tsuki
 Soto uke gyaku tsuki
 Uchi uke gyaku tsuki
 Gedan barai gyaku tsuki
 Shuto uke KKD+nukite ZKD
 Mae geri chudan ZKD
 Mae geri jodan
 Mawashi geri chudan
 Mawashi geri jodan
 Yoko geri keage KBD
 Yoko geri kekomi

KUMITE

San bon kumite hidari/migi (1,2 et 3)

KATA

Heian sandan

5ème kyu**KIHON**

Oi tsuki jodan ZKD
 Oi tsuki chudan
 Sanbon tsuki
 Age uke gyaku tsuki
 Soto uke gyaku tsuki
 Uchi uke gyaku tsuki
 Gedan barai gyaku tsuki
 Shuto uke KKD+nukite ZKD
 Mae geri chudan ZKD
 Mae geri jodan
 Mawashi chudan
 Mawashi jodan
 yoko geri kekomi chudan
 Yoko geri kekomi jodan
 Uchiro geri chudan

KUMITE

Kihon ippon kumite

Jodan (1,2 et 3)
 Chudan (1,2 et 3)
 Mae geri (1,2 et 3)

KATA

Heian yondan + Bunkai



4ème kyu

KIHON

Oi tsuki jodan ZKD
 Oi tsuki chudan
 Sanbon tsuki
 Age uke gyaku tsuki
 Soto uke gyaku tsuki
 Uchi uke gyaku tsuki
 Gedan barai gyaku tsuki
 Shuto uke KKD+nukite ZKD
 Mae geri chudan FDC
 Mae geri jodan FDC
 Mawashi geri chudan FDC
 Mawashi geri jodan FDC
 Yoko geri keage FDC
 Yoko geri kekomi FDC
 Ushiro geri FDC

KUMITE

Kihon ippon kumite

Jodan (4 et 5)
 Chudan (4 et 5)
 Maegeri (4 et 5)
 Yoko geri (1,2 et 3)
 Mawashi geri (1,2 et 3)

KATA

Heian godan + Bunkai

3ème kyu

KIHON

Oi tsuki jodan
 Oi tsuki chudan
 Sanbon tsuki
 Age uke uraken gyaku tsuki
 Soto uke uraken gyaku tsuki
 Uchi uke kezami tsuki gyaku tsuki
 Gedan barai uraken gyaku tsuki
 Shuto uke KKD+kezami mae geri+gyaku tsuki ZKD
 Mae geri + mawashi geri + yoko geri + ushiro geri en avançant
 Mae geri, yoko geri, ushiro geri, mawashi geri sur place puis avancer
 Shi ho gyaku
 Test d'endurance

KUMITE

Kihon ippon kumite imposé hidari/migi

2 jodan
 2 chudan
 2 mae geri
 1 yoko geri
 1 mawashi geri

KATA

Tekki shodan + Bunkai
 Bassai dai + bunkai

SELF DEFENSE

5 attaques au choix avec partenaire au choix

2ème kyu

KIHON

Uchi barai KKD kezami mae geri shuto uke ZKD gyaku tsuki ZKD
 Uchi uke KKD kezami mawashi geri nukite ZKD
 Mae ren geri 1 ou 2 pas chudan jodan
 Mawashi ren geri 1 ou 2 pas chudan jodan
 Soto uke ZKD kezami yoko geri KBD uraken ZKD gyaku tsuki ZKD
 Ura mawashi geri
 Age uke gedan barai soto uke uchi uke gyaku tsuki ZKD même jambe
 Mae geri+mawashi geri+yoko geri+ushiro geri en avançant ZKD
 Mae geri, yoko geri, ushiro geri, mawashi geri sur place puis avancer

KUMITE

Jiyu ippon kumite

Jodan (1 et 2)
 Chudan (1 et 2)
 Mae geri (1 et 2)
 Yoko geri (1)
 Mawashi geri (1)

KATA

Kanku dai + Bunkai

SELF DEFENSE

5 attaque avec préparation 5 minutes avec partenaire au choix

1er kyu

KIHON

Sanbon zuki 1 jodan - 2 chudan ZKD (vers l'avant)
 Jodan age uke - gedan barai - gyaku zuki ZKD (vers Gyaku sanbon zuki chudan - jodan - chudan ZKD (vers Chudan soto uke ZKD - yoko empi KBD - uraken uchi ZKD - gyaku zuki ZKD (vers l'arrière)
 Chudan uchi uke - jodan kizami zuki - mae geri - gyaku zuki ZKD (vers l'avant)
 Shuto uke - kizami geri KKD - nukite ZKD (vers l'arr
 Mae geri - mawashi geri - gyaku zuki - gedan barai
 Mae geri - yoko geri kekomi - gyaku zuki - gedan barai
 Yoko keage - yoko kekomi KBD
 Kime waza - Gyaku zuki

KUMITE

Jiyu ippon kumite hidari (au choix)

Jodan (2)
 Chudan (2)
 Mae geri (2)
 Yoko geri (2)
 Mawashi geri (2)
 Ushiro geri (2)
 Kizami zuki (2)
 Gyaku zuki (2)

KATA

Empi
 Jion