

<b>9 KYU</b>	<b>8 KYU</b>	<b>7 KYU</b>	<b>6 KYU</b>	<b>5 KYU</b>	<b>4 KYU</b>
<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>            -Chudan jun zuki / oi zuki            -Jodan jun zuki / oi zuki            -Jodan age uke (↑↓)</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i></p> <p>- Mae geri</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>            - Chudan jun zuki / oi zuki            - Chudan gyaku zuki            - Jodan age uke (↑↓)            - Chudan soto uke (↑↓)</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i></p> <p>- Mae geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i></p> <p>- Yoko geri keage</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>            - Chudan jun zuki / oi zuki            - Chudan gyaku zuki            - Jodan age uke (↑↓)            - Chudan soto uke (↑↓)            - Chudan uchi uke (↑↓)</p> <p><i>Kokutsu dachi gamae / shuto uke</i></p> <p>- Chudan shuto uke (↑↓)</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i>            - Mae geri            - Mawashi geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i>            - Yoko geri keage            - Yoko geri kekomi</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>            - Chudan jun zuki / oi zuki            - Chudan gyaku zuki            - Jodan age uke – Guyaku Zuki (↑↓)            - Chudan soto uke – Guyaku Zuki (↑↓)            - Chudan uchi uke – Guyaku Zuki (↑↓)</p> <p><i>Kokutsu dachi gamae / shuto uke</i></p> <p>- Chudan shuto uke (↑↓)</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i>            - Mae geri            - Mawashi geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i>            - Yoko geri keage            - Yoko geri kekomi</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>            -Sanbon zuki / 1 jodan – 2 chudan            - Jodan age uke – Guyaku Zuki (↑↓)            - Chudan soto uke – Guyaku Zuki (↑↓)            - Chudan uchi uke – Guyaku Zuki (↑↓)</p> <p><i>Kokutsu dachi gamae / shuto uke</i></p> <p>- Chudan shuto uke / kokutsu dachi – gyaku gohon nukite / zenkutsu dachi</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i>            - Mae geri            - Ren geri : mae geri chudan – mae geri jodan            - Mawashi geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i>            - Yoko geri keage            - Yoko geri kekomi</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>            - Sanbon zuki / 1 jodan – 2 chudan            - Gyaku sanbon zuki / chudan-jodan- chudan            - Jodan age uke – gyaku zuki (↑↓)            - Chudan soto uke zenkutsu dachi – yoko enpi – uraken uchi kiba dachi (↑↓)            - Chudan uchi uke – kizami zuki jodan – gyaku zuki (↑↓)</p> <p><i>Kokutsu dachi gamae / shuto uke</i></p> <p>- Chudan shuto uke / kokutsu dachi – gyaku gohon nukite / zenkutsu dachi</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i>            - Mae geri            - Ren geri : mae geri chudan – mae geri jodan            - Mawashi geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i>            - Yoko geri keage            - Yoko geri kekomi</p>
<p><b><u>KUMITE</u></b></p> <p>Gohon kumite            - N°1: jodan / hidari</p>	<p><b><u>KUMITE</u></b></p> <p><i>Gohon kumite</i>            - N°1: jodan / hidari            - N°2: chudan / hidari</p>	<p><b><u>KUMITE</u></b></p> <p>Sanbon kumite            - N° 1 hidari            - N° 2 hidari</p>	<p><b><u>KUMITE</u></b></p> <p>Sanbon kumite            N° 1 hidari / migi            N° 2 hidari / migi</p>	<p><b><u>KUMITE</u></b></p> <p>Kihon ippon kumite            Jodan n° 1 – n° 2            Chudan n° 1 – n° 2            Mae geri n° 1 – n° 2</p>	<p><b><u>KUMITE</u></b> : Kihon ippon kumite</p> <p>Jodan n° 3 – n°4            Chudan n°3 – n°4            Mae geri n°3 – n°4            Yoko Geri n°1 – n°2            Mawashi Geri n°1 – n°2</p>
<p><b><u>KATA</u></b>            Taikyoku shodan</p>	<p><b><u>KATA</u></b>            Heian shodan</p>	<p><b><u>KATA</u></b>            Heian nidan</p>	<p><b><u>KATA</u></b>            Heian sandan</p>	<p><b><u>KATA</u></b>            Heian yondan</p>	<p><b><u>KATA</u></b>            Heian godan</p>

<u>3 Kyu</u>	<u>2 Kyu /</u>	<u>1 Kyu //</u>	<b>SHODAN</b>
<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>  - Sanbon zuki / 1 jodan – 2 chudan  - Gyaku sanbon zuki / chudan-jodan-chudan  - Jodan age uke – gyaku zuki (↑↓)  - Chudan soto uke zenkutsu dachi – yoko enpi – uraken uchi kiba dachi gyaku zuki / zenkutsu dachi (↑↓)  - Chudan uchi uke – kizami zuki jodan – gyaku zuki (↑↓)</p> <p><i>Kokutsu dachi gamae / shuto uke</i>  - Chudan shuto uke / kokutsu dachi – gyaku gohon nukite / zenkutsu dachi (↑↓)</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i>  - Mae geri  - Ren geri : mae geri chudan – mae geri jodan  - Mawashi geri</p> <p><i>Zenkutsu dachi gedan barai</i>  - Ushiro geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i>  - Yoko geri keage &amp; Yoko geri kekomi</p> <p><b><u>KUMITE</u></b>  Kihon ippon kumite : Shitei hidari migi  2 Jodan  2 Chudan  2 Mae geri  1 Yoko Geri  1 Mawashi Geri</p> <p><b><u>KATA</u></b>  Tekki shodan &amp; Bassai dai</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>  - Mae geri – jun zuki – gedan barai  - Gyaku zuki – mae geri – jun zuki – gedan barai  - Mawashi geri – gyaku zuki</p> <p><i>Zenkutsu dachi gamae / morote gedan barai</i></p> <p>- Mae geri – mawashi geri  - Kizami yoko geri kekomi – ushiro geri</p> <p><i>Kiba dachi gamae / morote gedan barai</i></p> <p>- Yoko geri keage &amp; yoko geri kekomi</p> <p><b><u>KUMITE</u></b>  Jiyu ippon kumite  Jodan n° 1 – n° 2  Chudan n° 1 – n° 2  Mae geri n° 1 – n° 2  Yoko geri n° 1  Mawashi geri n° 1</p> <p><b><u>KATA</u></b>  Kanku dai</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>  - Sanbon zuki / 1 jodan – 2 chudan (↑)  - Jodan age uke – gedan barai – gyaku zuki (↓)  - Gyaku sanbon zuki / chudan – jodan – chudan (↑)  - Chudan soto uke / zenkutsu dachi – yoko enpi / kiba dachi – uraken uchi / zenkutsu dachi – gyaku zuki / zenkutsu dachi (↓)  - Chudan uchi uke – jodan kizami zuki – mae geri – gyaku zuki (↑)</p> <p><i>Kokutsu dachi gamae</i>  - Shuto uke – kizami geri – nukite (↓)</p> <p><i>Zenkutsu dachi gedan barai</i>  - Mae geri – mawashi geri – gyaku zuki – gedan barai  - Mae geri – yoko geri kekomi – gyaku zuki – gedan barai</p> <p><i>Kiba dachi</i>  - Yoko keage – yoko kekomi  - Nami gaeshi (hidari-migi)</p> <p><i>Kime waza</i> : Gyaku zuki</p> <p><b><u>KUMITE</u></b>  Jiyu ippon kumite sentei – Hidari  2 Jodan  2 Chudan  2 Mae geri  2 Yoko geri  2 Mawashi geri  2 Ushiro geri  2 Kizami zuki  2 Gyaku zuki</p> <p><b><u>KATA</u></b>  Enpi &amp; Jion</p>	<p><b><u>KIHON</u></b></p> <p><i>Zenkutsu dachi gedan barai</i>  - Sanbon zuki / 1 jodan – 2 chudan (↑)  - Jodan age uke – gedan barai – gyaku zuki (↓)  - Gyaku sanbon zuki / chudan – jodan – chudan (↑)  - Chudan soto uke / zenkutsu dachi – yoko enpi / kiba dachi – uraken uchi / zenkutsu dachi – gyaku zuki / zenkutsu dachi (↓)  - Chudan uchi uke – jodan kizami zuki – mae geri – gyaku zuki (↑)</p> <p><i>Kokutsu dachi gamae</i>  - Shuto uke – kizami geri – nukite (↓)</p> <p><i>Zenkutsu dachi gedan barai</i>  - Mae geri – mawashi geri – gyaku zuki – gedan barai  - Mae geri – yoko geri kekomi – gyaku zuki – gedan barai</p> <p><i>Kiba dachi</i>  - Yoko keage – yoko kekomi  - Nami gaeshi (hidari-migi)</p> <p><i>Kime waza</i> : Gyaku zuki</p> <p><b><u>KUMITE</u></b>  Jiyu ippon kumite sentei – Hidari &amp; Migi  1 Jodan  1 Chudan  1 Mae geri  1 Yoko geri  1 Mawashi geri  1 Ushiro geri  1 Kizami zuki  1 Gyaku zuki  + Jiyu kumite (NA &gt; 36)</p> <p><b><u>KATA</u></b>  1 Sentei : Bassai dai/Kanku dai/Enpi/Jion/Jitte  1 Shitei : Heian 1 à 5 ou Tekki shodan</p>