

Programme

Demi **jaune**

Ne waza (sol)	Tachi waza (debout)
<p>Immobilisation : (osaekomi)</p> <ul style="list-style-type: none"> -tate shiho gatame -yoko shiho gatame -kami shiho gatame -hon gesa gatame <p>sorties d'osaekomi / retournement de tortue</p>	<ul style="list-style-type: none"> -kubi nage -seoi nage -tai otoshi -o soto gari -ko soto gari -de ashi barai
jaune	
Ne waza (sol)	Tachi waza (debout)
<p>Immobilisation : (osaekomi)</p> <ul style="list-style-type: none"> -tate shiho gatame -yoko shiho gatame -kami shiho gatame -hon gesa gatame -ushiro gesa gatame -kata gatame <p>sorties d'osaekomi / retournement de tortue</p>	<ul style="list-style-type: none"> -uki goshi -o goshi -o uchi gari -ko uchi gari -hiza guruma -sasae tsuri komi ashi
Demi orange	
Ne waza (sol)	Tachi waza (debout)
<p>Immobilisation : (osaekomi)</p> <ul style="list-style-type: none"> -tate shiho gatame -yoko shiho gatame -kami shiho gatame -hon gesa gatame -ushiro gesa gatame -kata gatame -makura gesa gatame <p>sorties d'osaekomi / retournement de tortue / kuzure</p>	<ul style="list-style-type: none"> -ippon seoi nage -eri seoi nage -morote seoi nage -harai goshi -okuri ashi barai

orange	
Ne waza (sol)	Tachi waza (debout)
<p>Immobilisation : (osaekomi)</p> <ul style="list-style-type: none"> -tate shiho gatame -yoko shiho gatame -kami shiho gatame -hon gesa gatame -ushiro gesa gatame -kata gatame -makura gesa gatame <p>sorties d'osaekomi / retournement de tortue / kuzure</p>	<ul style="list-style-type: none"> -sode tsuri komi goshi / tsuri komi goshi -uchi mata -hane goshi -harai tsuri komi ashi <p>sutemi :</p> <ul style="list-style-type: none"> -tani otoshi
Demi verte	
Ne waza (sol)	Tachi waza (debout)
<p>Immobilisation : (osaekomi)</p> <ul style="list-style-type: none"> -tate shiho gatame -yoko shiho gatame -kami shiho gatame -hon gesa gatame -ushiro gesa gatame -kata gatame -makura gesa gatame <p>sorties d'osaekomi / retournement de tortue / kuzure</p> <p>cle s de bras:(kansetsu-waza)</p> <ul style="list-style-type: none"> -juji gatame / waki gatame / ude garami <p>étranglements:(shime-waza)</p> <ul style="list-style-type: none"> sangaku jime => osaekomi 	<ul style="list-style-type: none"> -ushiro goshi -ashi guruma -koshi guruma -ko soto gake
verte	
Ne waza (sol)	Tachi waza (debout)
<p>Immobilisation : (osaekomi)</p> <ul style="list-style-type: none"> -tate shiho gatame -yoko shiho gatame -kami shiho gatame -hon gesa gatame -ushiro gesa gatame -kata gatame -makura gesa gatame <p>sorties d'osaekomi / retournement de tortue / kuzure</p> <p>cle s de bras:(kansetsu-waza)</p> <ul style="list-style-type: none"> hara gatame / ude gatame / hiza gatame <p>étranglements: (shime-waza)</p> <ul style="list-style-type: none"> koshi jime 	<p>-nage no kata "se rie 1"</p> <p>sutemi :</p> <ul style="list-style-type: none"> -tomoe nage -yoko tomoe nage -sumi gaeshi <p>-14 techniques de blanche a verte (3 MVT de bras, epaule / 3 MVT de hanche / 3 MVT de jambe)</p>

bleu

Ne waza (sol)

Tachi waza (debout)

Immobilisation : (osaekomi)

- tate shiho gatame
- yoko shiho gatame
- kami shiho gatame
- hon gesa gatame
- ushiro gesa gatame
- kata gatame
- makura gesa gatame

sorties d'osaekomi / retournement de tortue / kuzure**cle s de bras:(kansetsu-waza)**

- juji gatame / waki gatame / hara gatame /
- ude gatame / ude garami / hiza gatame

étranglements: (shime-waza)

- sangaku jime / koshi jime / morote jime /
- kata ha jime / hadaka jime

-nage no kata "se rie 1/2"

- utsuri goshi
- o guruma
- o soto guruma
- sutemi :**
- ura nage
- soto makikomi / hane makikomi

maron

Ne waza (sol)

Tachi waza (debout)

Immobilisation : (osaekomi)

- tate shiho gatame
- yoko shiho gatame
- kami shiho gatame
- hon gesa gatame
- ushiro gesa gatame
- kata gatame
- makura gesa gatame

sorties d'osaekomi / retournement de tortue / kuzure**cle s de bras:(kansetsu-waza)**

- juji gatame / waki gatame / hara gatame /
- ude gatame / ude garami / hiza gatame

étranglements: (shime-waza)

- sangaku jime / koshi jime / morote jime /
- kata ha jime / hadaka jime / okuri eri jime /
- kata te jime / kata juji jime / gyaku juji jime /
- nami juji jime

-nage no kata "se rie 1/2/3"**mouvement culture judo:**

- te guruma
- kami basami
- morote gari
- sukui nage
- sumi otoshi
- kuchiki taoshi
- kibisu gaeshi

sutemi / yoko sutemi :

- uki waza
- yoko guruma
- yoko wakare
- yoko gake