Judo Club VsGI/Fr - D. Bongard

JUDO - Programme d'enseignement et d'examen

NAGE Waza (TACHI Waza)

FSJ

1/2 1/1	1/2 1/1	1/2 1/1		
O SOTO GARI	KO SOTO GARI/GAKE	SASAE TSURI KOMI ASHI	HANE GOSHI	KATA GURUMA
HIZA GURUMA	O GOSHI	Morote SEOI NAGE	ASHI GURUMA	HANE MAKI KOMI
UKI GOSHI	Ippon SEOI NAGE	UCHI MATA	O GURUMA	SOTO MAKI KOMI
O UCHI GARI	DE ASHI BARAI	KO UCHI MAKI KOMI	SUKUI NAGE	SUMI GAESHI
KO UCHI GARI	OKURI ASHI HARAI	TOMOE NAGE (Yoko-)	TE GURUMA	HIKKOMI GAESHI
TAI OTOSHI	TSURI KOMI GOSHI	YOKO OTOSHI	USHIRO GOSHI	UKI WAZA
	HARAI GOSHI	TANI OTOSHI	UTSURI GOSHI	URA NAGE
		SEOI OTOSHI	MOROTE GARI	YOKO GURUMA
			KUCHIKI DAOSHI	

NAGE Waza

bifurcations vers le plan kyu selon catégories

FSJ FSJ FSJ

KYU

DE ASHI BARAI	KO SOTO GARI	KO SOTO GAKE		O SOTO GURUMA
HIZA GURUMA	KO UCHI GARI (-MAKKOMI)	ASHI GURUMA		
SASAE TSURI KOMI ASHI	OKURI ASHI BARAI			
O UCHI GARI	UCHI MATA			
O SOTO GARI (-OTOSHI)				
O GOSHI	TSURIKOMI GOSHI (Sode-)	HARAI TSURI KOMI ASHI	O GURUMA	USHIRO GOSHI
UKI GOSHI	KOSHI GURUMA	TSURI GOSHI (O-, Ko-)	UTSURI GOSHI	
	HARAI GOSHI	HANE GOSHI		
SEOI NAGE (Ippon-, Morote-, Eri-)	TAI OTOSHI	KATA GURUMA	UKI OTOSHI	SUMI OTOSHI
(SEOI OTOSHI)			SUKUI NAGE / TE GURUMA	KUCHIKI DAOSHI + KIBIZU GAESHI
				MOROTE GARI + TAWARA GAESHI
		TOMOE NAGE (Yoko-)	SUMI GAESHI	URA NAGE
		YOKO OTOSHI	TANI OTOSHI	YOKO GAKE
			HANE MAKI KOMI	YOKO GURUMA
			SOTO MAKI KOMI (O-)	UKI WAZA
				YOKO WAKARE

ASHI Waza | KOSHI Waza | TE Waza | SUTEMI Waza

KYU KYU KYU KYU KYU

KATAME Waza

VsGI/Fr

GESA- YOKO- KAMI- TATE- KATA-Gatame	GESA- YOKO- KAMI- TATE- KATA-Gatame y.c. Kuzure-/variantes	GESA- YOKO- KAMI- TATE- KATA-Gatame y.c. Kuzure-/variantes	GESA- YOKO- KAMI- TATE- KATA-Gatame y.c. Kuzure-/variantes	GESA- YOKO- KAMI- TATE- KATA-SANKAKU- Gatame y.c. Kuzure-/variantes
		KATA JUJI Jime	HADAKA Jime	SANKAKU Jime
		NAMI JUJI Jime	OKURI ERI Jime	KATA TE Jime
		GYAKU JUJI Jime	KATA HA Jime	RYO TE Jime
				SODE GURUMA Jime
				TSUKKOMI Jime
				ASHI Gatame Jime
		Ude Hishigi JUJI Gatame	Ude Hishigi HIZA Gatame	Ude ... SANKAKU Gatame
		UDE GARAMI	Ude Hishigi ASHI Gatame	Ude Hishigi TE Gatame
		Ude Hishigi UDE Gatame	Ude Hishigi WAKI Gatame	Ude Hishigi KANUKI Gatame
			Ude Hishigi HARA Gatame	Ude ... Ashi Garami

OSAE Waza | SHIME Waza | KANSETZU Waza

VsGI/Fr VsGI/Fr VsGI/Fr

bifurcations vers le planVsGI/Fr selon catégories

FSJ

1/2 1/1	1/2 1/1	1/2 1/1		
Kuzure KESA Gatame	Hon GESA Gatame	3 x var. YOKO SHIHO Gatame	KATA JUJI Jime	HADAKA Jime
YOKO SHIHO Gatame	Kuzure KAMI SHIHO Gatame	3 x var. KAMI SHIHO Gatame	NAMI JUJI Jime	SANKAKU Jime
KAMI SHIHO Gatame	KATA Gatame	3 x var. TATE SHIHO Gatame	GYAKU JUJI Jime	Ude Hishigi UDE Gatame
TATE SHIHO Gatame	3 x var. GESA Gatame	Ude Hishigi JUJI Gatame	OKURI ERI Jime	Ude Hishigi HIZA Gatame
			Ude GARAMI	Ude Hishigi HARA Gatame
			Ude Hishigi WAKI Gatame	Ude Hishigi SANKAKU Gatame

KATAME Waza

FSJ FSJ FSJ