



Programme examen

NAGE Waza

	1/2	1/1	1/2	1/1	1/2	1/1		
FSJ	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
		KO UCHI GARI		OKURI ASHI HARAI		TOMOE NAGE (Yoko-)		TE GURUMA
		TAI OTOSHI		TSURI KOMI GOSHI		YOKO OTOSHI		USHIRO GOSHI
				HARAI GOSHI		TANI OTOSHI		UTSURI GOSHI
						SEOI OTOSHI		MOROTE GARI
								KUCHIKI DAOSHI
								YOKO GURUMA

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	UKI WAZA		
				YOKO WAKARE		

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	OSAE Waza
			KATA JUJI Jime	HADAKA Jime	SANKAKU Jime	SHIME Waza
			NAMI JUJI Jime	OKURI ERI Jime	KATA TE Jime	
			GYAKU JUJI Jime	KATA HA Jime	RYO TE Jime	
					SODE GURUMA Jime	
					TSUKKOMI Jime	
			Ude Ishigi JUJI Gatame	Ude Ishigi HIZA Gatame	Ude ... SANKAKU Gatame	KANSETZU Waza
			UDE GARAMI	Ude Ishigi ASHI Gatame	Ude Ishigi TE Gatame	
			Ude Ishigi UDE Gatame	Ude Ishigi WAKI Gatame	Ude Ishigi KANUKI Gatame	
				Ude Ishigi HARA Gatame	Ude Ishigi HIZA Gatame	
				Ude ... Ashi Gatame + Ashi Garami		

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 Ishigi UDE Gatame		
	TATE SHIHO Gatame	3 x var. GESA Gatame	Ude Ishigi JUJI Gatame	OKURI ERI Jime	Ude Ishigi HIZA Gatame		
			Ude GARAMI	Ude Ishigi HARA Gatame			
			Ude Ishigi WAKI Gatame	Ude Ishigi SANKAKU Gatme			

bifurcations vers le plan kyu selon catégories

bifurcations vers le plan VsGI/Fr selon catégories

FSJ FSJ FSJ

ASHI Waza

KOSHI Waza

TE Waza

SUTEMI Waza

OSAE Waza

SHIME Waza

KANSETZU Waza

KATAME Waza

FSJ FSJ FSJ
KYU KYU KYU
VsGI/Fr VsGI/Fr
FSJ FSJ