

	<b>POINGS (Tsuki Waza)</b>	<b>PERCUTIONS (Uchi Waza)</b>	<b>JAMBES (Geri Waza)</b>	<b>PARADE (Uke Waza)</b>	<b>POSITION (Dachi)</b>	<b>GARDE (Gamae) DEPLCT(Ashi) Esquive (kawashi)</b>	<b>DIVERS</b>
<b>9 e à 5 e Kyu</b>	Choku tsuki Gyaku tsuki Oi tsuki		Mae geri Mawashi geri	Jodan age uke Uchi ude uke Gedan barai Soto ude uke	Zen kutzu dachi Ko kutzu dachi Mosubi dachi Ashiji dachi Zazen Yoi	Mawate (Kayte ) Hidari gamae Migi gamae Hiki ashi  Ayumi ashi (De ashi)	Migi Hidari
<b>4 e Kyu</b>	Maete tsuki (Tobikomi tsuki )	Age empi uchi Ushiro empi uchi Yoko empi uchi Mawashi empi uchi Otoshi empi uchi ( Otoshi hiji ate )  Uraken uchi Tettsui uchi	Yoko geri (Fumikomi, Keage)	Teisho uke Morote ude uke Shuto uke Otoshi uke Haiwan nagashi uke	Neko ashi dachi Kiba Dachi Uchi achiji dachi Heiko dachi Moto dachi Haisoku dachi	Tsugi ashi	Sanbon Kumité Gohon Kumité Jyu ippon Kumite  Sanbon Tsuki Hikité Kimé
<b>3 e kyu</b>	Tate tsuki Nagashi tsuki  Kizami tsuki (Jun tsuki tsukomi)	Nukité Morote ude uchi Riken uchi Soto shuto uchi	Ushiro geri Mikkatsuki geri Ura Mikkatsuki geri Haisoku géri	Kakiwake uke Te nagashi uke Shuto tate uke Empi uke Te osae uke	Shiko dachi  Fudo dachi (Sochin dachi )	Ippon kumite Yori ashi	Jyu kumité Ippon kumité  Go no sen Sen no sen
<b>2 e Kyu</b>	Hiraken tsuki Ura tsuki Kagi tsuki Mawashi tsuki	Kakuto uchi Haishu uchi	Hitsui geri (Mae hiza geri) Hitsui mawashi geri Ura mawashi geri Tobi geri Kakato fumikomi	Empi Uke Juji Uke Seiryuto uke Hitsui Geri Uke Haishu uke Hineri uke Sukui uke Ude barai Kake uke (Gedan uchi barai)		Ushiro ni yokeru koto Hidari naname ni yokeru koto Migi naname ni yokeru koto Okuri ashi Ashi barai	Chime
<b>1 er Kyu</b>	Heiko tsuki Awase tsuki	Teisho uchi Haito uchi	Ushiro mawashi geri	Haito uke Heiko uke Sokumen awase uke Tsukami uke	Renoji dachi Kosa dachi Kake dachi	O' mawari ashi Ushiro ashi mawari ashi	
<b>1 er Dan</b>	Age tsuki Morote tsuki Yama tsuki Tobikonde oi tsuki		Kansetsu geri Mae tobi geri Nidan geri Yoko tobi geri	Nami aschi Gai wan uke Koken uke  Sokuto osae uke Ashi kubi kake uke Sokutei osae uke Ashibo kake uke Sokutei mawashi uke (mikkatsuki geri)	Hangetsu dachi  Tsuru ashi dachi (Sagi Ashi Dachi)  Sanchin dachi  Nage waza	Kaeshi Dori  Manji gamae Koshi gamae Kagi gamae  Nage waza	