

WADO RYU WADO RYU

Passage de 1^{er} Dan Ecole T.SUZUKI

I – KIHON WAZA TSUKI/KERI

1. KETTE JUNZUKI
2. KETTE GYAKUZUKI
3. KETTE JUNZUKI NO TSUKOMI
4. KETTE GYAKUZUKI NO TSUKOMI
5. TOBIKOMIZUKI
6. NAGASHIZUKI
7. MAEGERI CHUJDAN
8. MAWASHIGERI CHUDAN
9. SOKUTO CHUDAN
10. USHIROGERI CHUDAN

II – RENRAKU WAZA

1. ZENSHINSHITE JODAN CHUDAN RENZUKI MAEGERI CHUDAN MAWASHIGERI CHUDAN
USHIROGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN
2. MAEGERI CHUDAN TOBIKOMIZUKI JODAN GYAKUZUKI CHUDAN SOKUTO CHUDAN
MAWASHIGERI JODAN URAKEN JODAN GYAKUZUKI CHUDAN
3. MAEGERI CHUDAN NAGASHIZUKI JODAN GYAKUZUKI CHUDAN SOKUTO GEDAN
MAWASHIGERI CHUDAN USHIROGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN ;

III – UKE WAZA (SAMBON KUMITE)

1. 2 enchaînements CHUDAN UKE
2. 4 enchaînements JODAN UKE
3. 6 enchaînements MAEGERI UKE

IV – OHYO KUMITE

3 premiers

V – KIHON KUMITE

3 premiers

VI – JIYU KUMITE

VII – KATAS

5 PINANS - KUSHANKU

PROGRESSION KATAS

❖	7e kyu (Blanche)		
❖	6e kyu (jaune)	KIHON NO KATA	
❖	5e kyu (jaune)	PINAN NIDAN	
❖	4 ^e kyu (orange)	PINAN SHODAN	
❖	3 ^e kyu (verte)	PINAN SANDAN	
❖	2 ^e kyu (bleue)	PINAN YODAN	
❖	1 ^{er} kyu (marron)	PINAN GODAN	
✓	1 ^{er} Dan	KUSHANKU	
✓	2 ^e Dan	NAIHANCHI	SEISHAN
✓	3 ^e Dan	BASAI	CHINTO
✓	4 ^e Dan	ROHAI	WANSHU
✓	5 ^e Dan	NISEISHI	JITTE
✓	6 ^e Dan	JION	