

POSITION	ATTAQUE	TECHNIQUE
SUWARI WAZA	SHOMEN	IKKYO
		NIKKYO
		IRIMINAGE
HAMIENDASHI WASA	YAKU HANMI KATATE DORI	IKKYO
		SHIRO NAGE
		KOKYU NAGE
		UCHI KAITEN NAGE
TACHI	HANMI KATATE DORI	UDE KIMI NAGE
		NIKKYO
		IKKYO
		KIRI OTOCHI
		IRIMINAGE
		JU WASA
	YAKU HANMI KATATE DORI	TENCHI NAGE
		KOKYU NAGE (3 formes)
		NANAME
		UCHI KAITEN NAGE
		KOSHI NAGE
	SHOMEN USHI	IKKYO
		KOTE GAESHI
		KIRI OTOCHI
		SHIRO NAGE
	RYOTE DORI	TENCHI NAGE
		KOKYU NAGE (2 formes)
	YOKOMEN USHI	IKKYO
		IRIMINAGE
	USHIRO KATATE DORI	IKKYO
IRIMINAGE		
KOKYU NAGE (2 formes)		
JO	JO	KOKYU NAGE
		KOTE GAESHI NAGE
		SHIRO NAGE
	JO NAGE	KOKYU NAGE
		KOTE GAESHI NAGE
		SHIRO NAGE
TANTO DORI	CHUDAN TSUKI	IKKYO
		KOTE GAESHI
RANDORI	RYO KATA DORI	3 PARTENAIRES

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		NIKKYO
		IRIMINAGE
HAMIENDASHI WASA	YAKU HANMI KATATE DORI	IKKYO
		SHIRO NAGE
		KOKYU NAGE
TACHI	HANMI KATATE DORI	NIKKYO
		SANKYO
		KIRI OTOCHI
		IRIMINAGE
		JU WASA
	YAKU HANMI KATATE DORI	TENCHI NAGE
		SHIRO NAGE
		KOKYU NAGE (3 formes)
		NANAME
		UCHI KAITEN NAGE
		KOSHI NAGE
	SHOMEN USHI	IKKYO
		KOTE GAESHI
		KIRI OTOCHI
		SHIRO NAGE
	RYOTE DORI	TENCHI NAGE
		KOKYU NAGE (2 formes)
	YOKOMEN USHI	IKKYO
		IRIMINAGE
	USHIRO KATATE DORI	IKKYO
KOKYU NAGE (2 formes)		
JO	JO	KOKYU NAGE
		SHIRO NAGE
JO	JO NAGE	KOKYU NAGE
		SHIRO NAGE
TANTO DORI	CHUDAN TSUKI	IKKYO
		KOTE GAESHI
RANDORI	RYO KATA DORI	3 PARTENAIRES

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TACHI	HANMI KATATE DORI	IKKYO
		SANKYO
		IRIMINAGE
		JU WASA
	YAKU HANMI KATATE DORI	TENCHI NAGE
		SHIRO NAGE
		KOKYU NAGE (2 formes)
		NANAME
		UCHI KAITEN NAGE
		KOSHI NAGE
	SHOMEN USHI	IKKYO
		KIRI OTOCHI
		SHIRO NAGE
	RYOTE DORI	TENCHI NAGE
		KOKYU NAGE (2 formes)
	YOKOMEN USHI	IKKYO
IRIMINAGE		
USHIRO RYO KATATE DORI	IKKYO	
	KOKYU NAGE (1 forme)	
JO	JO	KOKYU NAGE
TANTO DORI	CHUDAN TSUKI	IKKYO
RANDORI	RYO KATA DORI	3 PARTENAIRES

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TACHI	HANMI KATATE DORI	IKKYO	
		SHIRO NAGE	
		KIRI OTOCHI	
		IRIMINAGE	
		JU WASA	
	YAKU HANMI KATATE DORI	TENCHI NAGE	
		KOKYU NAGE (2 formes)	
		NANAME	
		UCHI KAITEN NAGE	
	SHOMEN USHI		IKKYO
			IRIMINAGE
	RYOTE DORI		TENCHI NAGE
	USHIRO RYO KATATE DORI		KOKYU NAGE
JO	JO	KOKYU NAGE	
RANDORI	RYO KATA DORI	3 PARTENAIRES	

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	YAKU HANMI KATATE DORI	TENCHI NAGE
		KOKYU NAGE (2 formes)
		NANAME
		UCHI KAITEN NAGE
	SHOMEN USHI	IKKYO
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		IRIMINAGE
JO	JO	KOKYU NAGE
RANDORI	RYO KATA DORI	3 PARTENAIRES

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		NANAME
		UCHI KAITEN NAGE
	JO	JO
RANDORI	RYO KATA DORI	3 PARTENAIRES