

Examen Ceinture verte (sankyu)

Nom: _____

Date: _____

Division: _____

Chutes (ukemis)

Avant: _____ /5 Arrière: _____ /5 Latérale: _____ /5

Techniques au Sol (Osae Waza)

1. Kesa Gatame: _____ /5
2. Kata Gatame: _____ /5
3. Kamishiho Gatame: _____ /5
4. Yokoshiho Gatame: _____ /5
5. Tateshiho Gatame: _____ /5
6. Mune Gatame: _____ /5
7. Ushiho Kesa Gatame: _____ /5
8. Kuzure Kesa Gatame: _____ /5
9. Makura Kesa Gatame: _____ /5
10. Kuzure Kamishio Gatame: _____ /5
11. Kuzure Yokoshiho Gatame: _____ /5
12. Kata osae Gatame: _____ /5

Techniques Debout (Nage Waza)

1. O Soto Gari: _____ /5
2. Ippon Seoi Nage: _____ /5
3. O Uchi Gari: _____ /5
4. O Goshi: _____ /5
5. De Ashi Barai: _____ /5
6. Hiza Guruma: _____ /5
7. Koshi Guruma: _____ /5
8. Ko Soto Gari: _____ /5
9. Uki Goshi: _____ /5
10. Sasae Tsuru Komi Ashi: _____ /5
11. Ko Uchi Gari: _____ /5
12. Okuri Ashi Barai: _____ /5
13. Tai Otoshi: _____ /5
14. Harai Goshi: _____ /5
15. Tsuru Goshi: _____ /5
16. Tani Otoshi: _____ /5
17. Tsurikomi Goshi: _____ /5
18. Uchi Mata: _____ /5

19. Yoko Otoshi: _____ /5
20. Tomoe Nage: _____ /5
21. Sukui Nage: _____ /5
22. O Soto Guruma: _____ /5
23. Ushiro Goshi: _____ /5
24. Soto Maki Komi: _____ /5
25. Hane Goshi: _____ /5
26. Harai Tsuru Komi Ashi: _____ /5
27. Kata Guruma: _____ /5
28. Sumi Gaeshi: _____ /5
29. Uki Otoshi: _____ /5
30. Uki Waza: _____ /5
31. Hane Maki Komi: _____ /5
32. Yoko Wakare: _____ /5

Étranglements (Shime Waza)

1. Nami Juji Jime : _____ /5
2. Kata Juji Jime : _____ /5
3. Gyaku Juji Jime : _____ /5
4. Hadaka Jime : : _____ /5

Clés de Bras (Kansetsu Waza)

1. Ude Hishigi Juji Gatame : _____ /5
2. Ude Garami : _____ /5
3. Ude Gatame : _____ /5
4. Waki Gatame: _____ /5

Autre

Exécution de 4 techniques à gauche au hazard: _____ /5

Exécution de 2 techniques du shinmeisho no waza : _____ /5

Première série du Nage No Kata : _____ /5