

# Club de Judo Lachenaie

## Passage de grade

**Nom :** \_\_\_\_\_ **Grade examiné :** \_\_\_\_\_  
**Division :** \_\_\_\_\_ **Évaluateur :** \_\_\_\_\_  
**Date :** \_\_\_\_\_ **Résultat :** ☐ Réussite ☐ Échec

### CHUTES (UKEMIS)

| TOUS |                        | Nom | Kuzu | Tsuk | Kake | Ctrl |   |                              | Nom | Kuzu | Tsuk | Kake | Ctrl |
|------|------------------------|-----|------|------|------|------|---|------------------------------|-----|------|------|------|------|
| 1    | Arrière (Ushiro ukemi) |     |      |      |      |      | 3 | Roulade avant (Zenko kaiten) |     |      |      |      |      |
| 2    | Latérale (Yoko ukemi)  |     |      |      |      |      |   |                              |     |      |      |      |      |

### TECHNIQUES D'IMMOBILISATION (OSAE WAZA)

| BLANCHE-JAUNE |                      | Nom | Kuzu | Tsuk | Kake | Ctrl | JAUNE  |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |
|---------------|----------------------|-----|------|------|------|------|--------|----------------------|-----|------|------|------|------|
| 1             | Kesa Gatame          |     |      |      |      |      | 3      | Kamishio Gatame      |     |      |      |      |      |
| 2             | Kata Gatame          |     |      |      |      |      | 4      | Yokoshio Gatame      |     |      |      |      |      |
| JAUNE-ORANGE  |                      | Nom | Kuzu | Tsuk | Kake | Ctrl | ORANGE |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |
| 5             | Tateshio Gatame      |     |      |      |      |      | 7      | Kuzure Kesa Gatame   |     |      |      |      |      |
| 6             | Mune Gatame          |     |      |      |      |      | 8      | Kuzure Kamishio Gat. |     |      |      |      |      |
| ORANGE-VERTE  |                      | Nom | Kuzu | Tsuk | Kake | Ctrl | VERTE  |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |
| 9             | Kuzure Yokoshio Gat. |     |      |      |      |      | 11     | Ushiro Kesa Gatame   |     |      |      |      |      |
| 10            | Makura Kesa Gatame   |     |      |      |      |      | 12     | Ura Gatame           |     |      |      |      |      |
| BLEUE ET +    |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |        |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |
| 13            | Uki Gatame           |     |      |      |      |      | 14     | Sankaku Gatame       |     |      |      |      |      |

### ÉTRANGLEMENTS (SHIME WAZA)

| VERTE |                 | Nom | Kuzu | Tsuk | Kake | Ctrl | BLEUE ET + |                  | Nom | Kuzu | Tsuk | Kake | Ctrl |
|-------|-----------------|-----|------|------|------|------|------------|------------------|-----|------|------|------|------|
| 1     | Nami Juji Jime  |     |      |      |      |      | 7          | Kata Te Jime     |     |      |      |      |      |
| 2     | Kata Juji Jime  |     |      |      |      |      | 8          | Koshi Jime       |     |      |      |      |      |
| 3     | Gyaku Juji Jime |     |      |      |      |      | 9          | Sode Guruma Jime |     |      |      |      |      |
| 4     | Hadaka Jime     |     |      |      |      |      | 10         | Sankaku Jime     |     |      |      |      |      |
| 5     | Okuri Eri Jime  |     |      |      |      |      | 11         | Ryote Jime       |     |      |      |      |      |
| 6     | Kata Ha Jime    |     |      |      |      |      | 12         | Tsukkomi Jime    |     |      |      |      |      |

### CLÉS ARTICULAIRES (KANSETSU WAZA)

| VERTE |                         | Nom | Kuzu | Tsuk | Kake | Ctrl | BLEUE ET + |                         | Nom | Kuzu | Tsuk | Kake | Ctrl |
|-------|-------------------------|-----|------|------|------|------|------------|-------------------------|-----|------|------|------|------|
| 1     | Ude Garami              |     |      |      |      |      | 5          | Ude Hishigi Waki Gat.   |     |      |      |      |      |
| 2     | Ude Hishigi Juji Gatame |     |      |      |      |      | 6          | Ude Hishigi Hara Gat.   |     |      |      |      |      |
| 3     | Ude Hishigi Ude Gatame  |     |      |      |      |      | 7          | Ude Hishigi Hiza Gatame |     |      |      |      |      |
| 4     | Ude Hishigi Te Gatame   |     |      |      |      |      | 8          | Ude Hishigi Ashi Gatame |     |      |      |      |      |

### NAGE NO KATA

| VERTE ET + |        |                                                                                  | T.1 | T.2 | T.3 | D / G | Déco |
|------------|--------|----------------------------------------------------------------------------------|-----|-----|-----|-------|------|
| 1          | Verte  | Série 1 : Te waza ( <i>Uki otoshi, Seoi nage, Kata guruma</i> )                  |     |     |     |       |      |
| 2          | Bleue  | Série 2 : Koshi waza ( <i>Uki goshi, Harai goshi, Tsurikomi goshi</i> )          |     |     |     |       |      |
| 3          | Marron | Série 3 : Ashi waza ( <i>Okuri ashi barai, Sasae tsurikomi ashi, Uchi mata</i> ) |     |     |     |       |      |

## TECHNIQUES DE PROJECTIONS (NAGE WAZA)

| BLANCHE-JAUNE |                 | Nom | Kuzu | Tsuk | Kake | Ctrl | JAUNE |                       | Nom | Kuzu | Tsuk | Kake | Ctrl |
|---------------|-----------------|-----|------|------|------|------|-------|-----------------------|-----|------|------|------|------|
| 1             | O Soto Gari     |     |      |      |      |      | 7     | Uki goshi             |     |      |      |      |      |
| 2             | Ippon Seoi Nage |     |      |      |      |      | 8     | Sasae Tsuru Komi Ashi |     |      |      |      |      |
| 3             | O Uchi Gari     |     |      |      |      |      | 9     | Ko Uchi Gari          |     |      |      |      |      |
| 4             | O Goshi         |     |      |      |      |      | 10    | Tai Otoshi            |     |      |      |      |      |
| 5             | De Ashi Barai   |     |      |      |      |      | 11    | Tsuru Goshi           |     |      |      |      |      |
| 6             | Ko Soto Gari    |     |      |      |      |      | 12    | Seoi Nage             |     |      |      |      |      |

| JAUNE-ORANGE |                  | Nom | Kuzu | Tsuk | Kake | Ctrl | ORANGE |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |
|--------------|------------------|-----|------|------|------|------|--------|----------------------|-----|------|------|------|------|
| 13           | Hiza Guruma      |     |      |      |      |      | 19     | O Soto Guruma        |     |      |      |      |      |
| 14           | Koshi Guruma     |     |      |      |      |      | 20     | Uki Otoshi           |     |      |      |      |      |
| 15           | Okuri Ashi Barai |     |      |      |      |      | 21     | Uki Waza             |     |      |      |      |      |
| 16           | Harai Goshi      |     |      |      |      |      | 22     | Ko Soto Gake         |     |      |      |      |      |
| 17           | Tsurikomi Goshi  |     |      |      |      |      | 23     | Tsubame Gaeshi       |     |      |      |      |      |
| 18           | Tomoe Nage       |     |      |      |      |      | 24     | Sode Tsurikomi Goshi |     |      |      |      |      |

| ORANGE-VERTE |               | Nom | Kuzu | Tsuk | Kake | Ctrl | VERTE |                      | Nom | Kuzu | Tsuk | Kake | Ctrl |
|--------------|---------------|-----|------|------|------|------|-------|----------------------|-----|------|------|------|------|
| 25           | Tani Otoshi   |     |      |      |      |      | 31    | Harai Tsurikomi Ashi |     |      |      |      |      |
| 26           | Uchi Mata     |     |      |      |      |      | 32    | Kata Guruma          |     |      |      |      |      |
| 27           | Yoko Otoshi   |     |      |      |      |      | 33    | Sumi Gaeshi          |     |      |      |      |      |
| 28           | Ushiro Goshi  |     |      |      |      |      | 34    | Ashi Guruma          |     |      |      |      |      |
| 29           | Soto Makikomi |     |      |      |      |      | 35    | Hikkomi Gaeshi       |     |      |      |      |      |
| 30           | Hane Goshi    |     |      |      |      |      | 36    | O uchi Gaeshi        |     |      |      |      |      |

| BLEUE |               | Nom | Kuzu | Tsuk | Kake | Ctrl |    |                    | Nom | Kuzu | Tsuk | Kake | Ctrl |
|-------|---------------|-----|------|------|------|------|----|--------------------|-----|------|------|------|------|
| 37    | Sukui Nage ** |     |      |      |      |      | 43 | Morote Gari **     |     |      |      |      |      |
| 38    | Hane Makikomi |     |      |      |      |      | 44 | Tawara Gaeshi      |     |      |      |      |      |
| 39    | Yoko Wakare   |     |      |      |      |      | 45 | Harai Makikomi     |     |      |      |      |      |
| 40    | O Guruma      |     |      |      |      |      | 46 | Uchi Mata Makikomi |     |      |      |      |      |
| 41    | Yoko Guruma   |     |      |      |      |      | 47 | Uchi Mata Gaeshi   |     |      |      |      |      |
| 42    | Sumi Otoshi   |     |      |      |      |      | 48 | Yoko Tomoe Nage    |     |      |      |      |      |

| MARRON |                   | Nom | Kuzu | Tsuk | Kake | Ctrl |    |                    | Nom | Kuzu | Tsuk | Kake | Ctrl |
|--------|-------------------|-----|------|------|------|------|----|--------------------|-----|------|------|------|------|
| 49     | Utsuri Goshi      |     |      |      |      |      | 55 | O Soto Otoshi      |     |      |      |      |      |
| 50     | Ura Nage          |     |      |      |      |      | 56 | Yama Arashi        |     |      |      |      |      |
| 51     | Yoko gake         |     |      |      |      |      | 57 | Uchi Mata Sukashi  |     |      |      |      |      |
| 52     | Kuchiki Taoshi ** |     |      |      |      |      | 58 | Hane Goshi Gaeshi  |     |      |      |      |      |
| 53     | Kibisu Gaeshi **  |     |      |      |      |      | 59 | Harai Goshi Gaeshi |     |      |      |      |      |
| 54     | O Soto Makikomi   |     |      |      |      |      | 60 | Ko Uchi Gaeshi     |     |      |      |      |      |

## SECTION BONUS (✓ ou ✕) Au choix de l'évaluateur

| JAUNE ET -                       |  | ORANGE                       |  | VERTE ET +              |  |
|----------------------------------|--|------------------------------|--|-------------------------|--|
| Attacher sa ceinture             |  | Faire une technique à gauche |  | Contre-attaque au choix |  |
| Renverser Uke en position tortue |  | Renverser Uke de la garde    |  | Combinaison au choix    |  |
| Faire un sortie d'immobilisation |  | Faire un passage de garde    |  | Randori souple          |  |