

Passage de grade

Pré poussins (2019 - 2018)

	Ashi Waza	Te Waza	Koshi Waza	Osae Waza
Blanche	O soto gari Sasae tsuri komi ashi		Cubi nage O goshi	Tate shiho gatame (Kuzure) gesa gatame Kami gesa gatame Yoko shiho gatame
Blanche/Jaune	O uchi gari	Tai otoshi Morote barrage	Uki goshi	Kuzure yoko shiho gatame Kuzure Tate shiho gatame Kuzure kami shiho gatame Ushiro gesa gatame

Poussins (2017 - 2016)

	Ashi Waza	Te Waza	Koshi Waza	Osae Waza
Blanche	O soto gari Sasae tsuri komi ashi	Morote barrage	Cubi nage O goshi	Tate shiho gatame (Kuzure) gesa gatame Yoko shiho gatame Kami shiho gate
Blanche/Jaune	Hiza guruma	Tai otoshi	Uki goshi	Kuzure yoko shiho gatame Kuzure Tate shiho gatame Kuzure Kami shiho gatame Ushiro gesa gatame
Jaune- Jaune\Orange	Ko soto gari Ko uchi gari O uchi gari Uchi mata	Ippon seoi nage	Harai goshi	Hon gesa gatame Kata gatame Makura gesa gatame

Benjamins (2015 - 2014) / Minimes (2013 - 2012)

	Ashi Waza	Te Waza	Koshi Waza	Sutemi Waza	Osae Waza
Blanche	O soto gari	Morote barrage	Kubi nage O goshi		Tate shiho gatame (Kuzure) gesa gatame Yoko shiho gatame Kami shiho gatame
Blanche/Jaune	Sasae tsurikomi ashi O uchi gari Ko uchi gari	Tai otoshi	Uki goshi		Kuzure yoko shiho gatame Kuzure kami shiho gatame Kuzure tate shiho gatame
Jaune	Ko soto gari Hiza guruma	Ippon seoi nage Morote seoi nage			Ushiro gesa gatame
Orange	Ko soto gake	Eri seoi nage	Harai goshi Sode tsurikomi goshi Tsurikomi goshi Uchi mata		Makura gesa gatame Hon gesa gatame Kata gatame
Vert et Bleu	O soto otoshi De ashi barai Okuri ashi barai	Kata guruma	Koshi guruma Ushiro goshi	Tani otoshi Ura nage	

Cadet et + (2011 et avant)

	Ashi Waza	Te Waza	Koshi Waza
Jaune	O soto gari Ko uchi gari O uchi gari Hiza guruma De Ashi barai	Ippon seoi nage Morote seoi nage	Cubi nage Uki goshi O goshi Tsurikomi goshi
	Osae Waza	Kansetsu Waza	Shime Waza
	Hon geza gatame Yoko shiho gatame Kami shiho gatame Tate shiho gatame Ushiro gatame (Kuzure) geza gatame Kuzure yoko shiho gatame Kuzure kami shiho gatame Kuzure Tate shiho gatame Makura gatame Kata gatame	Ude ushigi juji gatame	Katahajime Hadaka jime