

LA CEINTURE ORANGE



LES RÈGLES DU JEU



Waza-ari



Osae-komi



Toketa

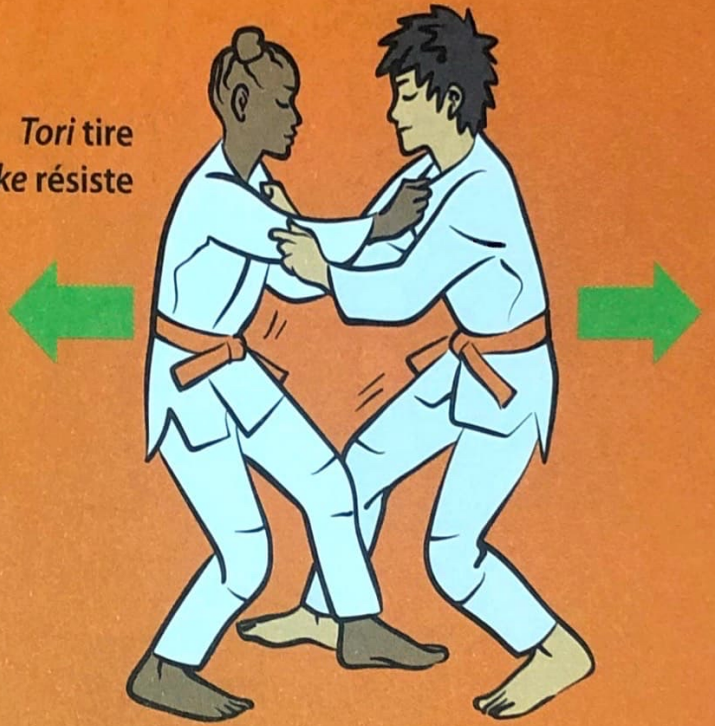
Je connais :

- O et Ko
- Soto
- Uchi
- Okuri
- Hiza
- Seoi
- Ashi
- Barai
- Gari
- Gatame

LES SITUATIONS D'ÉTUDE DEBOUT

A partir de ces situations, je sais faire des techniques.

*Tori tire
Uke résiste*



Tori déplace Uke en cercle



*Tori tire et recule
Uke le suit*



Je sais enchaîner en utilisant les balances avant-arrière et arrière-avant.



Je sais enchaîner une attaque à droite et à gauche.

LES TECHNIQUES DE PROJECTION (NAGE-WAZA)



Kubi-nage



Koshi-guruma



Tsurikomi-goshi



Seoi-nage





Ko-uchi-gari

An illustration showing a female practitioner in a white gi with a red belt performing a Ko-uchi-gari (inner heel sweep) on a male practitioner. She is sweeping his right inner heel with her right foot. Three circles of increasing size are positioned to the left of the text.



O-uchi-gari

An illustration showing a female practitioner in a white gi with a red belt performing an O-uchi-gari (outer heel sweep) on a male practitioner. She is sweeping his right outer heel with her right foot. Three circles of increasing size are positioned to the right of the text.



Okuri-ashi-harai (barai)

An illustration showing a female practitioner in a white gi with a red belt performing an Okuri-ashi-harai (barai) (sliding foot sweep) on a male practitioner. She is sweeping his right foot with her right foot. Three circles of increasing size are positioned to the right of the text.



Hiza-guruma

An illustration showing a female practitioner in a white gi with a red belt performing a Hiza-guruma (knee wheel) on a male practitioner. She is sweeping his right knee with her right knee. Three circles of increasing size are positioned to the right of the text.



Sasae-tsurikomi-ashi

An illustration showing a male practitioner in a white gi with a red belt performing a Sasae-tsurikomi-ashi (sweeping foot) on a female practitioner. He is sweeping her right foot with his right foot. Three circles of increasing size are positioned to the right of the text.



Ashi-guruma

An illustration showing a male practitioner in a white gi with a red belt performing an Ashi-guruma (foot wheel) on a female practitioner. He is sweeping her right foot with his right foot. Three circles of increasing size are positioned to the right of the text.

LES SITUATIONS D'ÉTUDE AU SOL

A partir de ces situations, je contrôle mon partenaire en faisant une immobilisation.



Uke est à quatre pattes



Uke est sur le côté



Uke est entre mes jambes



Uke est à plat ventre

LES TECHNIQUES DE CONTRÔLE AU SOL (KATAME-WAZA)



Hon-kesa-gatame



Tate-shiho-gatame



Kuzure-kami-shiho-gatame



Kami-shiho-gatame



LES SITUATIONS D'ÉTUDE DE DÉFENSE

A partir de ces situations, je sais me défendre et contrôler mon partenaire.



LES TECHNIQUES DE DÉFENSE



Soto-uke



Jodan-age-uke



Uchi-uke



Teisho-tsuki



Gedan-barai

KODOMO-NO-KATA

Kodomo-no-kata niveau 3 et 4