

PROGRAMME U14 (ENFANTS) / U14 PROGRAM (KIDS)

6 – 6+ KYU

1

O-SOTO-GARI

K

U

A

T

ⓧ Kaeshi-waza

O-soto-gari

Soto-makikomi

Sasae-tsuri-komi-ashi

Ⓢ Renraku-waza

Ko-soto-gari

Hiza-guruma

Sasae-tsuri-komi-ashi

Grand fauchage extérieur / Major (Large) Outside Reap

2

O-UCHI-GARI

K

U

A

T

ⓧ Kaeshi-waza

Uki-waza

O-soto-gake

Ko-soto-gake

Ⓢ Renraku-waza

Seoi-nage

Tai-otoshi

Ko-uchi-gari

Grand fauchage intérieur / Major (Large) Inside Reap

3

HIZA-GURUMA

U

K

T

A

ⓧ Kaeshi-waza

O-uchi-gari

Ko-uchi-gari

Hiza-guruma

Ⓢ Renraku-waza

O-soto-gari

Yoko-atoshi

Tomo-e-nage

Roue autour du genou / Knee Wheel

1

TSURI-GOSHI

UKE-GOSHI

O-GOSHI

U

T

B

K

ⓧ Kaeshi-waza

Tani-otoshi

Ko-soto-gake

Yoko-wakare

Okuri-ashi-barai

Ⓢ Renraku-waza

Ko-soto-gari

Hiza-guruma

Yoko-wakare

Okuri-ashi-barai

Projection de la hanche / Hip Throw

1

TAI-OTOSHI

U

T

B

K

ⓧ Kaeshi-waza

Tani-otoshi

Ko-soto-gake

Yoko-wakare

Okuri-ashi-barai

Ⓢ Renraku-waza

Ko-soto-gari

Hiza-guruma

Yoko-wakare

Okuri-ashi-barai

Renversement du corps / Body Drop Throw

6+ – 5 KYU

2

DE-ASHI-BARAI

K

U

A

T

ⓧ Kaeshi-waza

Ko-uchi-gari

Hiza-guruma

Sasae-tsuri-komi-ashi

Ⓢ Renraku-waza

Tai-otoshi

Hiza-guruma

Sasae-tsuri-komi-ashi

Balayage du pied avancé / Forward Foot Sweep

5

SASAE-TSURIKOMI-ASHI

U

K

T

A

ⓧ Kaeshi-waza

O-uchi-gari

Ko-uchi-gari

Sasae-tsuri-ashi

Ⓢ Renraku-waza

Yoko-atoshi

Ko-soto-gari

De-ashi-barai

Blocage du pied en soulevant / Supporting Foot Lift-pull Throw

6

O-SOTO-OTOSHI

K

U

A

T

ⓧ Kaeshi-waza

O-soto-gari

Soto-makikomi

Sasae-tsuri-ashi

Ⓢ Renraku-waza

Ko-soto-gari

Hiza-guruma

Sasae-tsuri-ashi

Grand renversement extérieur / Large Outer Drop

2

IPPON-SEOI-NAGE

U

T

A

K

ⓧ Kaeshi-waza

Ura-nage

Ushiro-goshi

Yoko-guruma

Ⓢ Renraku-waza

O-uchi-gari

Ko-uchi-gari

Sasae-tsuri-komi-ashi

Drop ippon-seoi-nage

Projection de l'épaule par le bras / One-Armed Shoulder Throw

5 – 5+ KYU

3

KO-SOTO-GARI

K

U

A

T

ⓧ Kaeshi-waza

Tai-otoshi

Seoi-nage

De-ashi-barai

Ⓢ Renraku-waza

Yoko-gake

Tani-otoshi

Ko-soto-gake

Petit fauchage extérieur / Minor (Small) Outside Reap

7

KO-UCHI-GARI

K

U

A

T

ⓧ Kaeshi-waza

Tomo-e-nage

Hiza-guruma

Sasae-tsuri-komi-ashi

Ⓢ Renraku-waza

De-ashi-barai

O-uchi-gari (droit/right)

O-uchi-gari (gauche/left)

Petit fauchage intérieur / Minor (Small) Inside Reap

8

OKURI-ASHI-BARAI

K

U

T

ⓧ Kaeshi-waza

Hiza-guruma

Okuri-ashi-barai

Sasae-tsuri-komi-ashi

Ⓢ Renraku-waza

O-soto-gari

O-uchi-gari

Ko-soto-gake

Balayage des deux pieds / Feet Sweep

2

TSURIKOMI-GOSHI

U

T

B

K

ⓧ Kaeshi-waza

Ura-nage

Ushiro-goshi

Yoko-guruma

Ⓢ Renraku-waza

O-uchi-gari

Ko-uchi-gari

Sasae-tsuri-komi-ashi

Drop morote-seoi-nage

Projection par la hanche pêchée / Lift-Pull Hip Throw

3

MOROTE-SEOI-NAGE

U

T

A

K

ⓧ Kaeshi-waza

Ura-nage

Ushiro-goshi

Yoko-guruma

Ⓢ Renraku-waza

O-uchi-gari

Ko-uchi-gari

Sasae-tsuri-komi-ashi

Drop morote-seoi-nage

Projection de l'épaule des deux bras / Two-Armed Shoulder Throw

5+ – 4 KYU

4

ERI-SEOI-NAGE

U

T

K

ⓧ Kaeshi-waza

Yoko-atoshi

Ushiro-goshi

Yoko-guruma

Ⓢ Renraku-waza

Drop eri-seoi-nage

Tai-otoshi

Projection de l'épaule par le revers / Collar Shoulder Throw

5

UKI-OTOSHI

U

T

A

ⓧ Kaeshi-waza

O-uchi-gari

O-soto-gari

Ko-uchi-gari

Ⓢ Renraku-waza

Tai-otoshi

O-uchi-gari

Ko-uchi-gari

Renversement en flotaion / Floating Drop

SEOI-NAGE (GENOU / KNEE)

UKI-OTOSHI (GENOU / KNEE)

UCHI-KOMIS (STATIQUES / STATIC)

TACHI-WAZA → NE-WAZA

4 KYU

5

JUDO

DROPS

UCHI-KOMIS (DYNAMIQUES / DYNAMIC)

TACHI-WAZA → NE-WAZA

DROITIERS/RIGHT HANDED → GAUCHERS/LEFT HANDED

GAUCHERS/LEFT HANDED → DROITIERS/RIGHT HANDED

TECH. ET COMBINAISONS PRÉFÉRÉES / PREFERRED TECH. AND COMBOS

4 – 3+ KYU

6

HARAI-GOSHI

U

T

B

K

ⓧ Kaeshi-waza

Harai-goshi

Utsuri-goshi

Ushiro-goshi

Ⓢ Renraku-waza

Sabi-nage

O-uchi-gari

Hane-goshi

Balayage de la hanche / Hip Sweep

9

HARAI-TSURIKOMI-ASHI

U

T

A

K

ⓧ Kaeshi-waza

O-soto-gari

Ko-soto-gari

Sasae-tsuri-komi-ashi

Ⓢ Renraku-waza

O-soto-gari

O-soto-gari

Harai-tsuri-komi-ashi

Balayage du pied en pêchant / Lift-pull Foot Sweep

4

SODE-TSURIKOMI-GOSHI

U

T

B

K

ⓧ Kaeshi-waza

Yoko-atoshi

Ushiro-goshi

Yoko-guruma

Ⓢ Renraku-waza

Drop sode-tsuri-komi-goshi

Drop seoi-otoshi

Tai-otoshi

Projection de la hanche en pêchant par la manche / Sleeve Lifting and Pulling Hip Throw

GROUPES / GROUPS

ASHI-WAZA (10)

KOSHI-WAZA (6)

TE-WAZA (5)

YOKO-SUTEMI-WAZA (2)

MA-SUTEMI-WAZA (2)

3+ – 3 KYU

7

YOKO-OTOSHI

U

K

A

T

ⓧ Kaeshi-waza

Ne-waza

Ⓢ Renraku-waza

Ne-waza

Uki-waza

Yoko-tomo-e-nage

Renversement par le côté / Side Drop

2

TANI-OTOSHI

K

U

A

T

ⓧ Kaeshi-waza

O-uchi-gari

Ⓢ Renraku-waza

Ne-waza

Suki-nage

Ko-soto-gake

Renversement dans la vallée / Valley Drop

1

SUMI-GAESHI

U

T

A

K

ⓧ Kaeshi-waza

Tani-otoshi

O-uchi-gari

Ko-uchi-gari

Ⓢ Renraku-waza

Ne-waza

Uki-waza

Yoko-atoshi

Projection dans le coin / Corner Throw

2

TOMOE-NAGE

U

T

A

K

ⓧ Kaeshi-waza

O-uchi-gari

Ko-uchi-gari

Ko-soto-gake

Ⓢ Renraku-waza

Ne-waza

Uki-waza

Sumi-gaeshi

Projection circulaire / Circular Throw

3 KYU

8

JUDO

DROPS

UCHI-KOMIS (DYNAMIQUES / DYNAMIC)

TACHI-WAZA → NE-WAZA

DROITIERS/RIGHT HANDED → GAUCHERS/LEFT HANDED

GAUCHERS/LEFT HANDED → DROITIERS/RIGHT HANDED

TECH. ET COMBINAISONS PRÉFÉRÉES / PREFERRED TECH. AND COMBOS

ARBITRAGE / REFEREEING

AIDE-DOJO / DOJO ASSISTANT

DROITIERS / RIGHT HANDED

K

U

T

A

B

C

KUZUSHI

UKE

TORI

KUMIKATA

A - Kuzushi

B - Tsukuri

C - Gake

3 – 3+ / 3+ – 2 KYU

9

10

UCHI-MATA

U

T

B

K

ⓧ Kaeshi-waza

Tai-otoshi

Suki-nage

Ushiro-goshi

Ⓢ Renraku-waza

Tai-otoshi

O-uchi-gari

Harai-goshi

Fauchage par l'intérieur de la cuisse / Inner-Thigh Throw

5

USHIRO-GOSHI

K

U

A

T

ⓧ Kaeshi-waza

Ne-waza

O-uchi-gari

Suki-nage

Ⓢ Renraku-waza

Suki-nage

O-uchi-gari

Ura-nage

Projection des hanches par l'arrière / Back Hip Throw

6

HANE-GOSHI

U

T

B

K

ⓧ Kaeshi-waza

Ushiro-goshi

Hiza-guruma

Sasae-tsuri-komi-ashi

Ⓢ Renraku-waza

Suki-nage

O-uchi-gari

Harai-goshi

Hanche percutee / Hip Spring

DELTA

SEOI-OTOSHI

HANE-GOSHI-GAESHI

UCHI-MATA-GAESHI

OBI-TORI-GAESHI

KO-UCHI-GAESHI

INTEGRATIONS 1 + 2

