



**KIDS GREEN BELT
(80 DAYS)**



TACHI WAZA

1. **RYOTETORI IKKYO OMOTE & URA**
2. **SHOMEN UCHI SHIHONAGE OMOTE**
4. **TSUKI UCHI KAITEN NAGE OMOTE**
4. **TSUKI SOTO KAITEN NAGE OMOTE**
5. **MOROTETORI IRIMINAGE (2 façons / 2 ways)**
6. **YOKOMEN UCHI IRIMINAGE**
6. **YOKOMEN UCHI KOTEGAESHI**
6. **YOKOMEN UCHI SHIHONAGE OMOTE**
7. **SHOMEN UCHI SANKYO OMOTE**

HANMI HANDACHI

3. **KATATETORI SHIHONAGE OMOTE**
8. **KATATETORI SOTO KAITEN NAGE OMOTE**
8. **KATATETORI GYAKU KOTEGAESHI**

SUWARI WAZA

9. **SHOMEN UCHI IRIMINAGE**
9. **SHOMEN UCHI NIKKYO OMOTE**
9. **SHOMEN UCHI SANKYO OMOTE**
10. **KATATE RYOTEDORI NIKKYO OMOTE & URA**

JO KATA

12. **JO 1 À/TO 13**
13. **JO 1 À/TO 35**