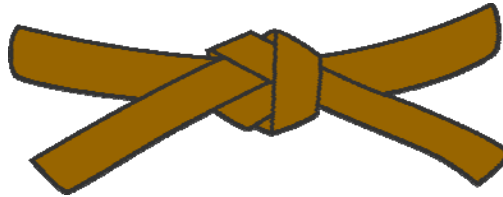




DAIRYUKAI.COM 6366 SHERBROOKE O. MONTRÉAL, QUÉBEC, H4B 1M9, (514) 222-2641



**Enfant Ceinture Marron
(120 jours)**

KATETORI MENUCHI

- 1. Maki otoshi**
- 2. Tai otoshi**
- 3. Kotegaeshi**
- 4. Shihonage**
- 5. Iriminage**

YOKOMENUCHI

- 1. Tai otoshi**
- 2. Kiri otoshi**
- 3. Maki otoshi**
- 4. Udekiminage**
- 5. Shihonage**

MOROTETORI

- 1. Udekiminage**
- 2. Aikinage**
- 3. So sabaki iriminage**
- 4. Shihonage**
- 5. Kokyuhō**

SHOMENUCHI

- 1. Udekinage**
- 2. Soto kaitenage**
- 3. Ushi makiotoshi**
- 4. Uki otoshi**
- 5. Iriminage**

Email: fabionote@hotmail.com



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RYOTEDORI

- 1. Kata hiki otoshi**
- 2. Hajiki goshi**
- 3. Iriminage (Yamada style)**
- 4. Udekiminage**
- 5. Kokyuhō**

USHIRO KUBIJIME

- 1. Sotokaitenage (omote)**
- 2. Kotegaeshi (2 façon)**
- 3. Shihonage (omote)**
- 4. Jujinage**
- 5. Ude kiminage**

USHIRO TEKUBITORI

- 1. Aikinage**
- 2. Soto kaitenage (omote)**
- 3. Hijikime (osae)**
- 4. Shihonage**
- 5. Kokyuhō**

AIHANMI KATATETORI

- 1. Iriminage**
- 2. Uki otoshi**
- 3. Kokyuhō**
- 4. Ude kiminage**
- 5. Soto kaitenage**

KATATETORI

- 1. Kata aijikiotoshi**
- 2. Ura sankaku tenchinage**
- 3. Uki otoshi**
- 4. Jujinage**
- 5. Ura sankaku ude kiminage**



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HANMI HANDACHI YOKOMENUCHI

1. Shijonage
2. Tai otoshi
3. Kotegaeshi
4. Soto kaitenage
5. Chokusem iriminage

HANMI HANDACHI USHIRO RYOKATATORI

1. Aikinage
2. Kotegaeshi
3. Shihonage
4. Jujinage
5. Soto kaitenage

HANMI HANDACHI KATATETORI

1. Uchi kaitenage
2. Gyaku kotegaeshi
3. Soto kaitenage
4. Uki otoshi
5. Shihonage - iriminage