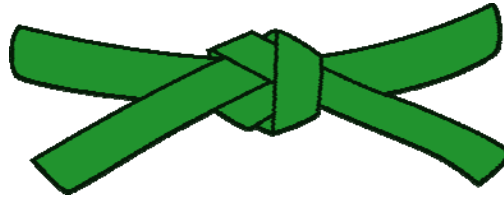




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**Enfant Ceinture Vert
(80 jours)**

1. Ryotetori Ikkyo omote+ura
2. Shomenuchi Shihonage omote
3. Tsuki Uchi Kaiten Nage omote
4. Tsuki Soto Kaiten Nage omote
5. Morotetori Iriminage (2 façons)
6. Yokomenuchi Iriminage
7. Yokomenuchi Kotegaeshi
8. Yokomenuchi Shihonage omote
9. Shomenuchi Sankyo Omote

Hanmi Handachi

1. Katatetori Shihonage omote
2. Katatetori Soto Kaiten Nage omote
3. Katatetori Gyaku Kotegaeshi

Suwari Waza

1. Shomenuchi Iriminage
2. Shomenuchi Nikkyo omote+ura
3. Shomenuchi Sankyo omote
4. Katate Ryotedori Nikkyo omote+ura

Jo Kata

- Jo 1 à 13
- Jo 1 à 35