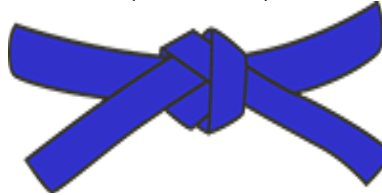




**KIDS BLUE BELT
(90 DAYS)**



TACHI WAZA

1. **TSUKI (HENKA WAZA) SAKYO+SHIHONAGE+KOTEGAESHI+UDEKIMINAGE**
2. **YOKOMEN UCHI GOKYO**
3. **USHIRO TEKUBITORI JUJINAGE**
4. **MOROTETORI NIKKYO OMOTE+URA (2 façons / 2 ways)**
5. **SHOMEN UCHI KAITENAGE OMOTE+URA**
6. **USHIRO RYOKATATORI SAKYO OMOTE+URA**

HANMI HANDACHI

7. **SHOMEN UCHI IRIMINAGE**
8. **KATATETORI NIKKYO OMOTE+URA**
9. **YOKOMENUCHI KOTEGAESHI**

SUWARI WAZA

10. **TSUKI KOTEGAESHI**
11. **TSUKI IRIMINAGE**
12. **YOKOMENUCHI KOTEGAESHI**
13. **USHIRO RYOKATATORI (Style libre 2 attaquants/Free style 2 attackers)
(Shihonage,Kotegaeshi,Aikinage)**

BOKKEN

14. **KATA 8 MOUVEMENTS – 8 MOVEMENTS AVEC/WITH BOKKEN (kanai style)**
15. **KATA NUMÉRO 1 ET/AND 2 AVEC/WITH BOKKEN**

JO

16. **JO KATA 1 À/TO 28**
17. **JO KATA 1 ET/AND 2 AVEC/WITH JO (kumi Jo)**

RANDORI

18. **STYLE LIBRE 5 ATTAQUANTS / FREE STYLE 5 ATTACKERS**