

Exemple d'interrogation pour l'examen SHODAN

SUWARI WAZA

SHOMEN UCHI
IKKYO
NIKYO
SANKYO
YONKYO
GOKYO
IRIMI NAGE
KOTE GAESHI

HANMI HANDACHI WAZA

KATATE DORI*
IKKYO
UCHI KAITEN NAGE
IRIMI NAGE
KOTE GAESHI
SHIHO NAGE

TACHI WAZA

YOKOMEN UCHI
IKKYO
NIKYO
IRIMI NAGE
SHIHO NAGE
KOTE GAESHI
KATA DORI MEN UCHI
IKKYO
IRIMI NAGE
SHIHO NAGE
KOTE GAESHI
KOSHI NAGE
RYOTE DORI
TENCHI NAGE
KOSHI NAGE
KOKYU NAGE
CHUDAN TSUKI
JIYU WAZA
USHIRO WAZA
RYOTE DORI
IKKYO
SANKYO
IRIMI NAGE
SHIHO NAGE
KOTE GAESHI
KOSHI NAGE

TANTO DORI

CHUDAN TSUKI (HONTE)
JIYU WAZA

JO DORI

CHUDAN TSUKI
JIYU WAZA

JO NAGE

JIYU WAZA

TANINZU GAKE

(2 partenaires)
RYO KATA DORI
JIYU WAZA