

Exemple d'interrogation pour l'examen SANDAN

SUWARI WAZA

YOKOMEN UCHI
IKKYO
NIKYO
SANKYO
YONKYO
GOKYO
IRIMI NAGE
KOTE GAESHI
KOKYU NAGE

HANMI HANDACHI WAZA

*KATATE DORI**
IKKYO
NIKYO
IRIMI NAGE
KOTE GAESHI
SHIHO NAGE
UCHI KAITEN NAGE
SOTO KAITEN NAGE
KOKYU NAGE

USHIRO WAZA

RYO KATA DORI
IKKYO
SANKYO
KOTE GAESHI
KOKYU NAGE

TACHI WAZA

SHOMEN UCHI

IKKYO
NIKYO
SANKYO
IRIMI NAGE
SHIHO NAGE
KOKYU NAGE
JIYU WAZA

KATA DORI MEN UCHI

IKKYO
NIKYO
SHIHO NAGE
KOTE GAESHI
IRIMI NAGE

RYOTE DORI

TENCHI NAGE
KOSHI NAGE
KOKYU NAGE
JIYU WAZA

CHUDAN TSUKI

JIYU WAZA

USHIRO WAZA

RYOTE DORI
IKKYO
SANKYO
IRIMI NAGE
SHIHO NAGE
KOKYU NAGE

KATATE DORI KUBISHIME

IKKYO
SANKYO
IRIMI NAGE
SHIHO NAGE
KOTE GAESHI
KOSHI NAGE
RYO KATA DORI
JIYU WAZA

TANTO DORI

SHOMEN UCHI
(HONTE/GYAKUTE)
GOKYO
JIYU WAZA
YOKOMEN UCHI
(HONTE/GYAKUTE)
GOKYO
JIYU WAZA
TSUKI
JIYU WAZA

JO DORI

CHUDAN TSUKI
JIYU WAZA

JO NAGE

JIYU WAZA

KEN TAI KEN

SHOMEN UCHI
JIYU WAZA

SANIN GAKE

(3 partenaires)
RYO KATA DORI
ou/et
SHOMEN UCHI
JIYU WAZA