

PROGRAMME CEINTURE VERTE 3^e KYU

TACHI WAZA (debout)	USHIRO WAZA (arrière)
<p style="text-align: center; color: blue; font-weight: bold;">SHOMEN UCHI</p> <ul style="list-style-type: none"> ● YONKYO (O-U) ● GOKYO <p style="text-align: center; color: blue; font-weight: bold;">YOKOMEN UCHI</p> <ul style="list-style-type: none"> ● IKKYO (O-U) ● UCHI KAITEN SANKYO <p style="text-align: center; color: blue; font-weight: bold;">CHUDAN TSUKI</p> <ul style="list-style-type: none"> ● SOTO KAITEN NAGE ● UCHI KAITEN SANKYO <p style="text-align: center; color: blue; font-weight: bold;">JODAN TSUKI</p> <ul style="list-style-type: none"> ● SHIHO NAGE ● KOTE GAESHI <p style="text-align: center; color: blue; font-weight: bold;">KATATE DORI</p> <ul style="list-style-type: none"> ● UCHI KAITEN NAGE ● SANKYO (O-U) ● YONKYO (O-U) <p style="text-align: center; color: blue; font-weight: bold;">KATATE RYOTE DORI</p> <ul style="list-style-type: none"> ● IKKYO (O-U) ● NIKYO (O-U) <p style="text-align: center; color: blue; font-weight: bold;">RYOTE DORI</p> <ul style="list-style-type: none"> ● IRIMI NAGE ● KOTE GAESHI ● KOKYU NAGE 	<p style="text-align: center; color: blue; font-weight: bold;">RYOTE DORI</p> <ul style="list-style-type: none"> ● IKKYO ● HIJI KIMEOSAE ● KOTE GAESHI ● SHIHO NAGE ● IRIMI NAGE <hr style="border: 0.5px solid black;"/> <p style="text-align: center; font-weight: bold;">SUWARI WAZA (genoux)</p> <p style="text-align: center; color: blue; font-weight: bold;">SHOMEN UCHI</p> <ul style="list-style-type: none"> ● IRIMI NAGE ● KOTE GAESHI ● SANKYO <p style="text-align: center; color: blue; font-weight: bold;">KATADORI</p> <ul style="list-style-type: none"> ● SANKYO