

9 ^{ième} KYU	8 ^{ième} KYU	7 ^{ième} KYU	6 ^{ième} KYU	5 ^{ième} KYU	4 ^{ième} KYU	3 ^{ième} KYU	2 ^{ième} KYU	1 ^{ième} KYU	SHODAN
BLANC/JAUNE	JAUNE	ORANGE	VERTE	BLEU	MAUVE (BLEU I)	MARRON	MARRON I	MARRON II	
KIHON	KIHON	KIHON	KIHON	KIHON	KIHON	KIHON	KIHON	KIHON	KIHON
Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai
Chudan jun zuki / oi zuki	Chudan jun zuki / oi zuki	Chudan jun zuki / oi zuki	Chudan jun zuki / oi zuki	Sanbon zuki jodan-chudan-chudan	Sanbon zuki jodan-chudan-chudan	Sanbon zuki jodan-chudan-chudan	<i>Sanbon zuki jodan-chudan-chudan</i>	Sanbon zuki (AV) jodan-chudan-chudan	Sanbon zuki (AV) jodan-chudan-chudan
Jodan jun zuki / oi zuki	Chudan gyaku zuki	Chudan gyaku zuki	Chudan gyaku zuki		Gyaku sanbon zuki chudan-jodan-chudan	Gyaku sanbon zuki chudan-jodan-chudan	<i>Gyaku sanbon zuki chudan-jodan-chudan</i>	Gyaku sanbon zuki (AV) chudan-jodan-chudan	Gyaku sanbon zuki (AV) chudan-jodan-chudan
Jodan age uke (AV-AR)	Jodan age uke (AV-AR)	Jodan age uke (AV-AR)	Jodan age uke - gyaku zuki (AV-AR)	Jodan age uke - gyaku zuki (AV-AR)	Jodan age uke - gyaku zuki (AV-AR)	Jodan age uke - gyaku zuki (AV-AR)	<i>Jodan age uke - gyaku zuki</i>	Jodan age uke - gedan barai - gyaku zuki (AR)	Jodan age uke - gedan barai gyaku zuki (AR)
	Chudan soto uke (AV-AR)	Chudan soto uke (AV-AR)	Chudan soto uke - gyaku zuki (AV-AR)	Chudan soto uke - gyaku zuki (AV-AR)	Chudan soto uke ZK - yoko enpi KB - uraken uchi KB (AV-AR)	Chudan soto uke ZK - yoko enpi KB - uraken uchi KB - gyaku zuki ZK (AV-AR)	<i>Chudan soto uke ZK - yoko enpi KB - uraken uchi KB - gyaku zuki ZK (AV-AR)</i>	Chudan soto uke ZK (AR) - yoko enpi KB - uraken uchi ZK - gyaku zuki	Chudan soto uke ZK (AR) - yoko enpi KB - uraken uchi ZK - gyaku zuki
		Chudan uchi uke (AV-AR)	Chudan uchi uke - gyaku zuki (AV-AR)	Chudan uchi uke - gyaku zuki (AV-AR)	Uchi uke - kizami zuki jodan - gyaku zuki (AV-AR)	Uchi uke - kizami zuki jodan - gyaku zuki (AV-AR)	<i>Uchi uke - kizami zuki jodan - gyaku zuki</i>	Uchi uke - kizami zuki jodan - mae geri - gyaku zuki (AV)	Uchi uke - kizami zuki jodan - mae geri - gyaku zuki (AV)
		Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae shuto uke	Kokutsu dachi gamae
		Chudan shuto uke (AV-AR)	Chudan shuto uke (AV-AR)	Chudan shuto uke KK - gyaku nukite ZK	Chudan shuto uke KK - gyaku nukite ZK	Chudan shuto uke KK - gyaku nukite ZK (AV-AR)	<i>Chudan shuto uke KK - gyaku nukite ZK</i>	Shuto uke (AR) - kizami geri - nukite ZK	Shuto uke (AR) - kizami geri - nukite ZK
Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gamae morote gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai
Mae geri	Mae geri	Mae geri	Mae geri	Mae geri	Mae geri	Mae geri	Mae geri - jun zuki - gedan barai		Mae geri (chudan) - mawashi geri - gyaku zuki
				Ren geri / mae geri chudan - mae geri jodan	Ren geri / mae geri chudan - mae geri jodan	Ren geri / mae geri chudan - mae geri jodan	Gyaku zuki - mae geri - jun zuki - gedan barai		Mae geri (jodan) - yoko geri kekomi - gyaku zuki
		Mawashi geri	Mawashi geri	Mawashi geri	Mawashi geri	Mawashi geri	Mawashi geri - gyaku zuki		
							<i>morote gedan barai</i> Mae geri - mawashi geri	Mae geri (chudan) - mawashi geri - gyaku zuki	
						Ushiro geri	<i>morote gedan barai</i> Kizami yoko geri kekomi - ushiro geri	Mae geri (jodan) - yoko geri kekomi - gyaku zuki	
	Kiba dachi gamae morote gedan barai	Kiba dachi gamae morote gedan barai	Kiba dachi gamae morote gedan barai	Kiba dachi gamae morote gedan barai	Kiba dachi gamae morote gedan barai	Kiba dachi gamae morote gedan barai	Kiba dachi gamae morote gedan barai	Kiba dachi	Kiba dachi
	Yoko geri keage	Yoko geri keage	Yoko geri keage	Yoko geri keage	Yoko geri keage	Yoko geri keage - yoko geri kekomi (même jambe)	Yoko geri keage - yoko geri kekomi (même jambe)	Yoko keage - yoko kekomi	Yoko keage - yoko kekomi
		Yoko geri kekomi	Yoko geri kekomi	Yoko geri kekomi	Yoko geri kekomi				Nami gaeshi (hidari-migi)
								Kime waza	Kime waza
								Gyaku zuki	Gyaku zuki
KUMITE	KUMITE	KUMITE	KUMITE	KUMITE	KUMITE	KUMITE	KUMITE	KUMITE	KUMITE
Gohon kumite	Gohon kumite	Sanbon kumite	Sanbon kumite	Kihon ippon kumite (hidari)	Kihon ippon kumite (hidari)	Kihon ippon kumite shitei (hidari / migi)	Jiyu ippon kumite (hidari)	Jiyu ippon kumite sentei (hidari)	Jiyu ippon kumite sentei (hidari / migi)
n° 1 jodan / hidari	n° 1 jodan / hidari	n° 1 hidari	n° 1 hidari / migi	Jodan n° 1 - n° 2	Jodan n° 3 - n° 4	2 x Jodan	Jodan n° 1 - n° 2	2 x Jodan	Jodan
	n° 2 chudan / hidari	n° 2 hidari	n° 2 hidari / migi	Chudan n° 1 - n° 2	Chudan n° 3 - n° 4	2 x Chudan	Chudan n° 1 - n° 2	2 x Chudan	Chudan
				Mae geri n° 1 - n° 2	Mae geri n° 3 - n° 4	2 x Mae geri	Mae geri n° 1 - n° 2	2 x Mae geri	Mae geri
					Yoko geri n° 1 - n° 2	1 x Yoko geri	Yoko geri n° 1	2 x Yoko geri	Yoko geri
					Mawashi geri n° 1 - n° 2	1 x Mawashi geri	Mawashi geri n° 1	2 x Mawashi geri	Mawashi geri
								2 x Ushiro geri	Ushiro geri
								2 x Kizami zuki	Kizami zuki
								2 x Gyaku zuki	Gyaku zuki
									Jiyu kumite (option. + 36 ans)
KATA	KATA	KATA	KATA	KATA	KATA	KATA	KATA	KATA	KATA
Shitei (imposé)	Shitei	Shitei	Shitei	Shitei	Shitei	Shitei	Shitei	Shitei	Shitei (1 kata imposé)
Taikyoku shodan	Heian shodan	Heian nidan	Heian sandan	Heian yondan	Heian godan	Tekki shodan + Bassai dai	Kanku dai	Enpi + Jion	Heïan 1 à 5 ou Tekki shodan
									Sentei (1 au choix)
									Bassai dai / Kanku dai / Enpi / Jion / Jitte