

## Mon examen de ceinture jaune

		Acquis	En voie d'acqu.	Non acquis
<b>Attitude</b>	Salut debout	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Salut au sol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Nœud de ceinture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Chutes (Ukemi)</b>	Ushiro ukemi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Yoko ukemi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Projections (Nage-Waza)</b>  travail fondamental à droite	De ashi barai	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Hiza guruma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Uki goshi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	O goshi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	O uchi gari	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Ko uchi gari	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Immobilisations (Katame-waza) (Osae-waza)</b>  avec entrée	Hon gesa gatame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Kuzure gesa gatame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Yoko shio gatame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>