

Mon examen de ceinture marron

		Acquis	En voie d'acqu.	Non acquis
Attitude	Présence régulière	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Participation active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Salut debout</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Salut au sol</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Nœud de ceinture</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Code moral du Judo</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chutes (Ukemi)	<u>Ushiro ukemi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Yoko ukemi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Mae ukemi</u> (départ debout)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Projections (Nage- Waza) déplacement	<u>De ashi barai</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Hiza guruma</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Sasae tsuri komi ashi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Uki goshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>0 soto gari</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>0 goshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>0 uchi gari</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Ippon seoi nage</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Morote seoi nage</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Eri seoi nage</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Ko uchi gari</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Ko-soto-gari</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Koshi guruma</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Tsuri komi goshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Okuri ashi barai</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Tai Otoshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Harai goshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Uchi mata</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Hane goshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Tomoe nage</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoko Tomoe-nage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sumi gaeshi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<u>Tani otoshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

		Acquis	En voie d'acqu.	Non acquis	
Déplacement	<u>Suri Ashi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Shin Tai</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kata</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Uchi komi	(neuf répétitions + une projection)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Nage no kata	Te waza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Koshi waza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Ashi waza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Immobilisations (Katame waza) (Osae waza) avec entrée + 6 variantes	<u>Hon gesa gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kuzure gesa gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kata gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Yoko shio gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kami shio gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Tate shio gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kuzure Kami shio gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kata Juji jime</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Etranglements (Shime-waza) travail fondamental	<u>Gyaku Juji jime</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Nami Juji jime</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Hadaka jime</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Kata ha jime</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<u>Okuri eri jime</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Clés de bras (Kansetsu-waza) travail fondamental	<u>Juji gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<u>Hiza gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Ude gatame</u>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<u>Ude garami</u>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<u>Waki gatame</u>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<u>Hara gatame</u>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Randori	Sen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Sen no sen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Go no sen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	