

## Mon examen de ceinture orange

		Acquis	En voie d'acqu.	Non acquis
<b>Attitude</b>	<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>Prise de garde</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Respect du code moral du Judo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Chutes (Ukemi)</b>	<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"/>
	Mae ukemi (départ un genou au sol)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Projections (Nage-Waza)  travail fondamental à droite</b>	<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"/>
	Sasae tsuri komi ashi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Uki goshi</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0 soto gari	<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"/>
	Ippon seoi nage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Morote seoi nage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Eri seoi nage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Déplacement</b>	Suri Ashi (en faisant glisser les pieds au sol)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Shin Tai (déplacement rectiligne avant, arrière, oblique)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Immobilisations (Katame-waza) (Osae-waza)  avec entrée</b>	<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"/>
	Kata gatame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<u>Yoko shio gatame</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Kami shio gatame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Randori</b>	Tate shio gatame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Sen (prendre l'initiative de l'attaque)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>