

A.P.A.T.**Passage de grades : 4 ème KYU (VERTE)**

Tachi Waza : Kata dori – Jodan tsuki - Yokomen uchi

Mode : Démonstratif

Techniques : Nikyo – Gokyo - Kote gaeshi – Kokyu nage (naname)

Travail à deux**TACHI WAZA**

Attaques	==>	Techniques
<i>Ai hanmi katate dori</i>	==>	<i>Kote gaeshi</i>
	==>	<i>Kokyu nage (naname)</i>
	==>	
<i>Katate dori (gyaku hanmi)</i>	==>	<i>Nikyo</i>
	==>	<i>Kote gaeshi</i>
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<i>Kata dori (gyaku hanmi)</i>	==>	<i>Nikyo</i>
<i>Chudan tsuki (gyaku hanmi)</i>	==>	<i>Kote gaeshi</i>
	==>	<i>Kokyu nage (naname)</i>
	==>	
<i>Jodan tsuki (ai hanmi)</i>	==>	<i>Ikkyo</i>
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	==>	<i>Ushiro kiri otoshi</i>
<i>Shomen uchi (ai hanmi)</i>	==>	<i>Kote gaeshi</i>
	==>	
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<i>Yokomen uchi (gyaku hanmi)</i>	==>	<i>Gokyo</i>
	==>	<i>Kote gaeshi</i>
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