

## A.P.A.T.

## Passage de grades : 2 ème KYU ( VIOLETTE )

Attaques : Suwari Waza : Ryo kata dori  
 Hanmi Handachi Waza : Ushiro ryo kata dori Tachi  
 waza : Katate ryote dori - Ryo kata dori – Mawashi geri  
 Ushiro waza : Ushiro ryote dori - Ushiro ryo kata dori

Techniques : Sankyo -Kaitenage - Udekime nage – Koshinage

### Travail à deux

#### SUWARI WAZA

<i>Kata dori</i>	==>	<i>Sankyo</i>
	==>	
	==>	
	==>	
<i>Shomen uchi</i>	==>	<i>Sankyo</i>
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#### HANMI HANDACHI WAZA

<i>Katate dori</i>	==>	
	==>	<i>Kaitenage</i>
	==>	
<i>Ushiro ryo katadori</i>	==>	<i>Ikkyo – Sankyo – Kote gaeshi</i>
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#### TACHI WAZA

<i>Aihanmi katate dori</i>	==>	<i>Udekimenage</i>
	==>	
<i>Katate dori</i>	==>	<i>Sankyo – Kaitenage - Koshi nage</i>
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<i>Ryo kata dori</i>	==>	<i>Ikkyo – Nikyo</i>
	==>	
	==>	<i>Irimi nage</i>
<i>Katate ryote dori</i>	==>	<i>Ikkyo – Nikyo</i>
	==>	<i>Irimi nage - Kote gaeshi – Shiho nage</i>
	==>	<i>Kokyu ho</i>
<i>Chudan tsuki</i>	==>	
	==>	<i>Udekime nage</i>
<i>Jodan tsuki</i>	==>	<i>Kaitenage</i>
	==>	
<i>Shomen uchi</i>	==>	<i>Kaiten nage</i>
	==>	
	==>	
<i>Yokomen uchi</i>	==>	<i>Sankyo</i>
	==>	<i>Udekime nage</i>
<i>Mawashi geri</i>	==>	<i>Jyu waza</i>
	==>	
	==>	
<i>Muna dori menuchi</i>	==>	<i>Koshi nage</i>
	==>	

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( suite )

USHIRO WAZA	
<i>Ushiro ryote dori</i>	==> <i>Ikkyo</i>
	==> <i>Hijikimeosae - Nikyo</i>
	==> <i>Sankyo</i>
	==> <i>Iriminage</i>
	==> <i>Kote gaeshi</i>
	==> <i>Shiho nage – Koshi nage</i>
<i>Ushiro ryo katadori</i>	==>
	==>
	==> <i>Irimi nage - Kote gaeshi</i>
	==> <i>Shiho nage – Udekime nage</i>

  

TANTO DORI	
<i>Chudan tsuki</i>	<i>Jyu waza</i>
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