

**A.P.A.T.**

**Passage de grades : 5 ème KYU ( ORANGE )**

Attaques : Tachi waza : Ai hanmi katate dori - Katate dori - Kata dori - Shomen uchi – Chudan tsuki  
 Mode : Démonstratif  
 Techniques : Ikkyo – Irimi nage – Ushiro kiri otoshi

**Travail à deux**

SUWARI WAZA	
Attaques	Techniques
	==>
	==>
	==>
	==>
	==>

TACHI WAZA	
Attaques	Techniques
<i>Aihanmi katate dori</i>	==> <i>Ikkyo</i>
	==>
	==>
<i>Katate dori</i>	==> <i>Ikkyo</i>
	==>
<i>Kata dori</i>	==> <i>Ikkyo – Kokyu nage</i>
<i>Chudan tsuki ( ai hanmi )</i>	==> <i>Ikkyo</i>
<i>Chudan tsuki ( gyaku hanmi )</i>	==> <i>Irimi nage</i>
	==> <i>Ushiro kiri otoshi</i>
<i>Shomen uchi ( ai hanmi )</i>	==> <i>Irimi nage</i>
	==> <i>Ushiro kiri otoshi</i>
	==>
	==>