



Aïkikai Limoges Programme passage de grades

6^{ème} KYU

- - **Kokyuho** : (exercices de respiration - 3 formes)
- - **Taisabaki** : (Irimiashi, Tsugiashi, kaiten, irimi-kaiten, tenkan, irimi-tenkan)
- - **Ukemi** : Mae/ Ushiro (avant/ arrière) ukemi
- - **Shikko** : (marche en genoux)
- - **Shihogiri** : (4 directions – base irimi-kaiten)

Suwari Waza – Techniques en genoux

Kokyu-ho

Tachi Waza – Techniques debout

Ai Hanmi Katate Dori – Saisie même coté

Ikkyo (omote /ura)

Kote Gaeshi (ura)

Shiho-nage (omote/ura)

5^{ème} KYU

- - **Kokyuho** : (exercices de respiration - 3 formes)
- - **Shihogiri** : (4 directions – base irimi-kaiten)

Suwari Waza – Techniques en genoux

Kokyu-ho

Shomen Uchi

Ikkyo (omote/ura), Irimi Nage

Tachi Waza – Techniques debout

Ai Hanmi Katate Dori – Saisi même côté

Irimi Nage (ura)

Ude Kime Nage (omote/ura)

Uchi Kaiten Sankyo (omote/ura)

Uchi Kaiten Nage (omote/ura)

Gyaku Hanmi Katate Dori – Saisie côté opposé

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Ude Kime Nage, Shiho-nage (omote/ura), Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu-ho, Kokyu-nage (3 formes)

Shomen Uchi

Ikkyo (omote/ura), Irimi Nage

4^{ème} KYU

- **Shihogiri : (4 directions – base irimi-tenkan)**

Suwari Waza

Shomen Uchi

Ikkyo - Nikyo(omote/ura), Irimi Nage, Kote Gaeshi

Kata Dori

Ikkyo, Nikyo, Sankyo

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Kote Gaeshi, Uchi Kaiten Nage, Soto Kaiten Nage

Tachi Waza

Morote Dori (ou Katate ryote dori)

Ikkyo (omote/ura), Nikyo (omote/ ura), Irimi Nage, Ude Kime Nage, Shiho Nage, Juji Garame Nage

Chudan Tsuki

Kote Gaeshi

Yokomen Uchi

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage

3^{ème} KYU

Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Kote Gaeshi, Irimi Nage

Kata Dori

Ikkyo, Nikyo, Sankyo, Yonkyo

Yokomen Uchi

Ikkyo, Kote Gaeshi

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Kote Gaeshi, Shiho Nage (omote/ ura), Uchi Kaiten Nage, Soto Kaiten Nage, Kokyu Nage

Tachi Waza

Morote Dori (ou Katate ryote dori)

Ikkyo (omote/ura), Nikyo (omote/ ura), Irimi Nage, Ude Kime Nage, Shiho Nage, Juji Garame Nage, Kokyu Nage

Ryote Dori

Tenchi Nage, Kokyu Nage, Shiho Nage, Ikkyo, Koshi Nage, Kote Gaeshi

Shomen Uchi

Koshi Nage, Kokyu Nage

Chudan Tsuki

Kote Gaeshi, Irimi Nage, Uchi kaiten Nage

Yokomen Uchi

Ikkyo, Nikyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage

Kata dori menuchi

ikkyo - nikyo

Ushiro Waza**Ryote Dori**

Ikkyo, Nikyo, Sankyo, Kote Gaeshi, Shiho Nage, Kokyu Nage, Kokyu Ho

Buki Waza**Tanto dori, chudan tsuki**

Kote Gaeshi, Shiho Nage, Hiji Kime Osae, Uchi Kaiten Sankyo

Jo Nage

Jyu Waza (3 techniques minimum)