

CAHIER DU PRATIQUANT



CEINTURE BLEUE

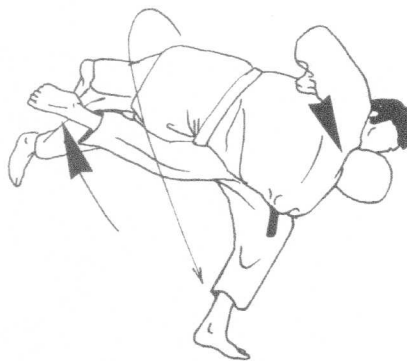
FRANÇOIS NOËL, 5^E DAN

DIRECTEUR TECHNIQUE

TANI OTOSHI



O GURUMA



SOTO MAKIKOMI



UKI OTOSHI



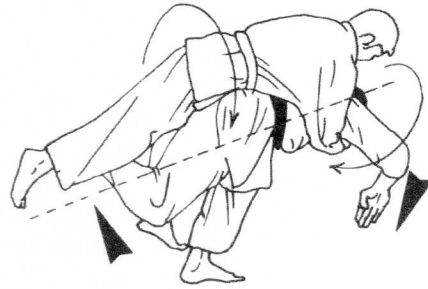
SUMI GAESHI



SUKUI NAGE



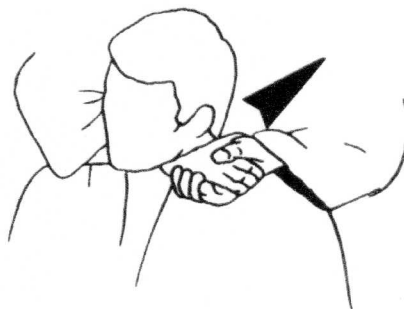
HANE MAKIKOMI



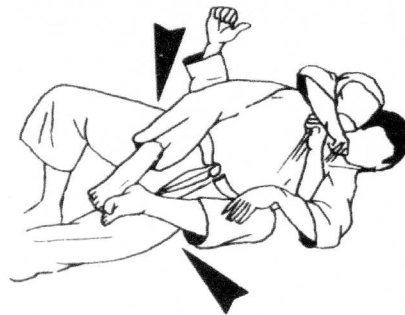
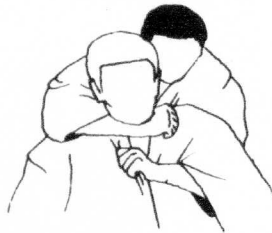
UTSURI GOSHI



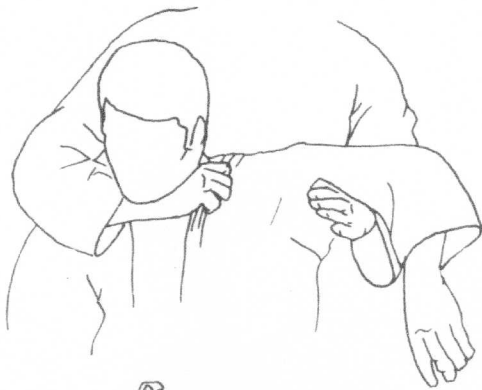
HADAKA JIME



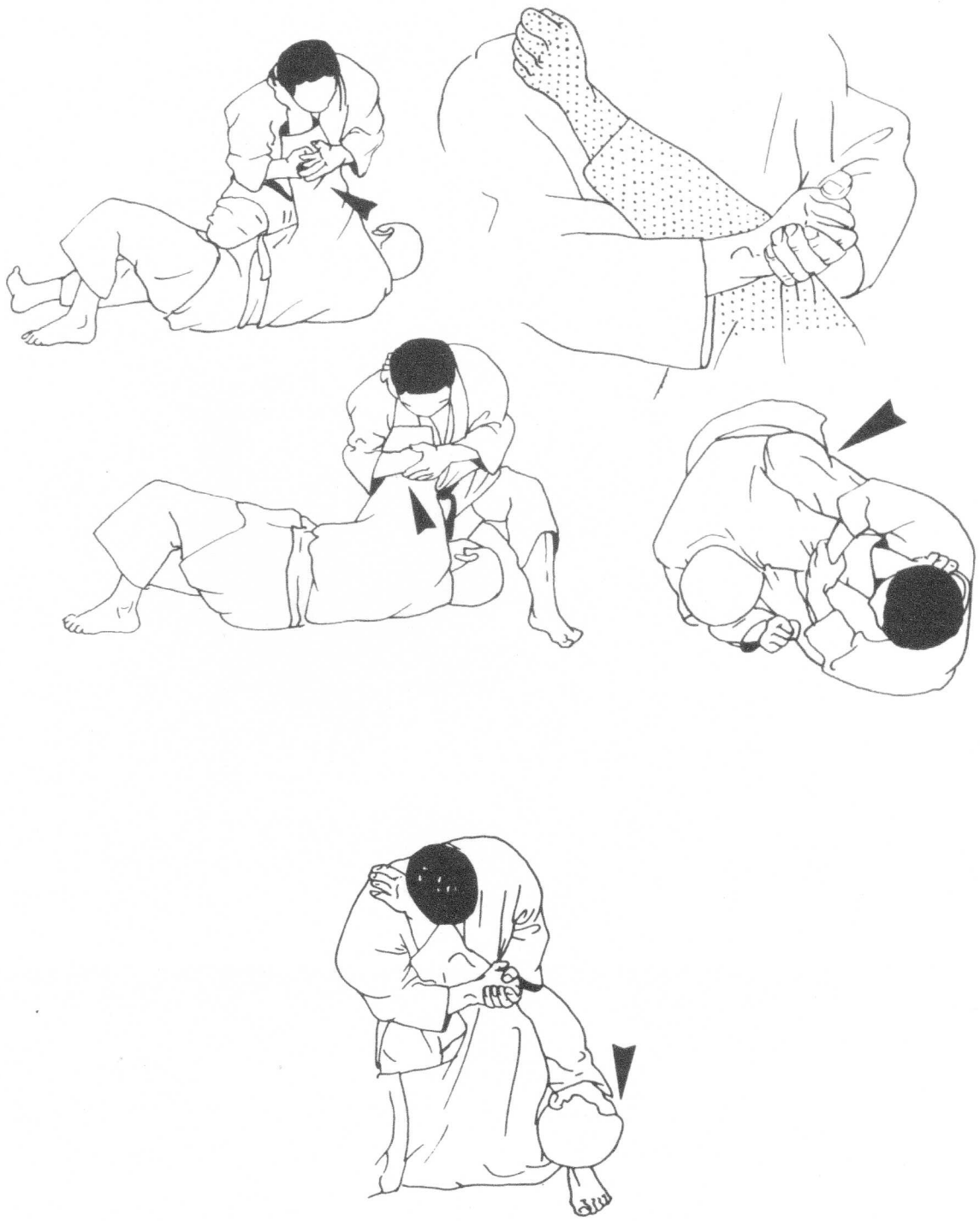
OKURI ERI JIME



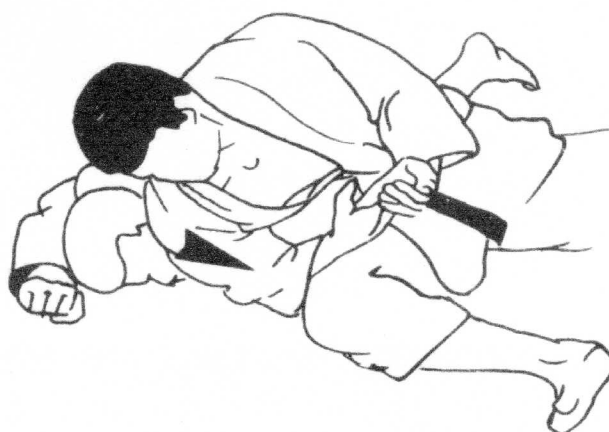
KATA HA JIME



UDE GATAME



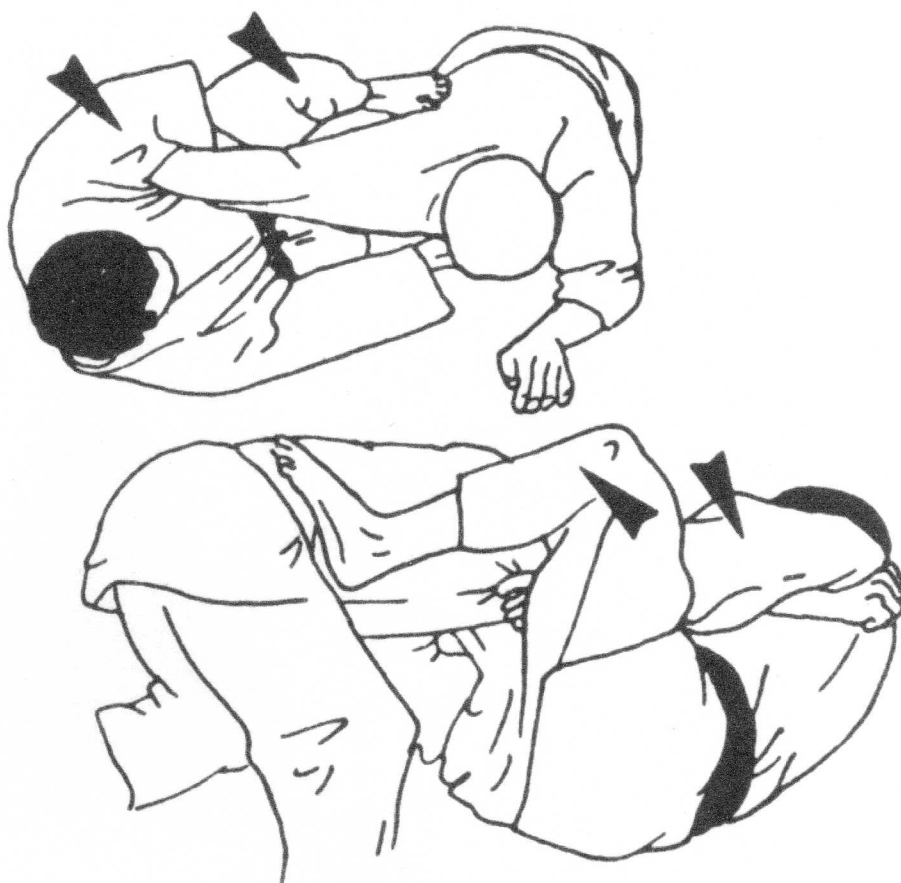
WAKI GATAME



HARA GATAME



HIZA GATAME



ÉVALUATION

Passage ceinture BLEUE

Date : _____

Nom : _____



TACHI WAZA	Kuzushi	Tsukuri	Kake	Note
TANI OTOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
O GURUMA	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
SOTO MAKIKOMI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
UKI OTOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
SUMI GAESHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
SUKUI NAGE	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
HANE MAKIKOMI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
UTSURI GOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

SHIME WAZA	Corps	Mains	Application	Note
HADAKA JIME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
OKURI ERI JIME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
KATA HA JIME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

KANSETSU WAZA	Corps	Mains	Application	Note
UDE GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
WAKI GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
HARA GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
HIZA GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

TOTAL : ____ /150

Évaluation dirigée par : _____ Titre : _____

ACCEPTÉ



REFUSÉ

