

# CAHIER DU PRATIQUANT

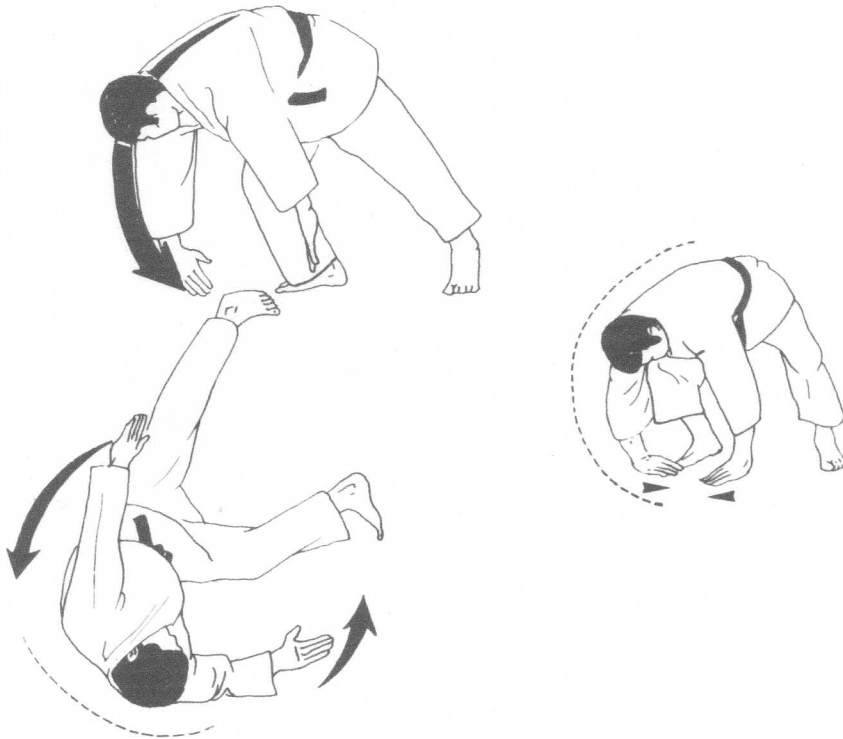
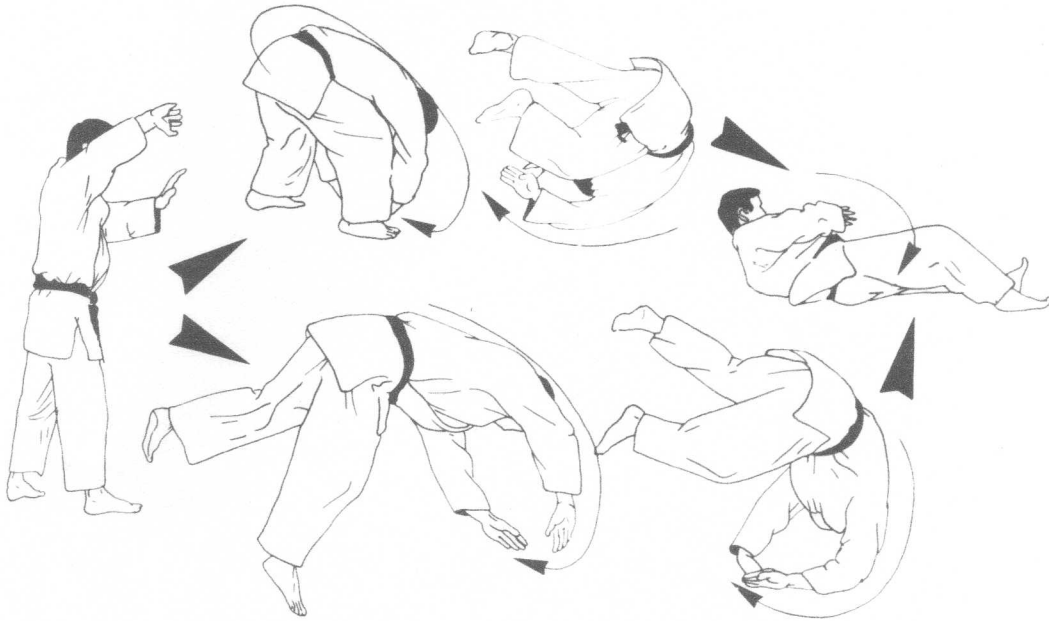


## CEINTURE ORANGE

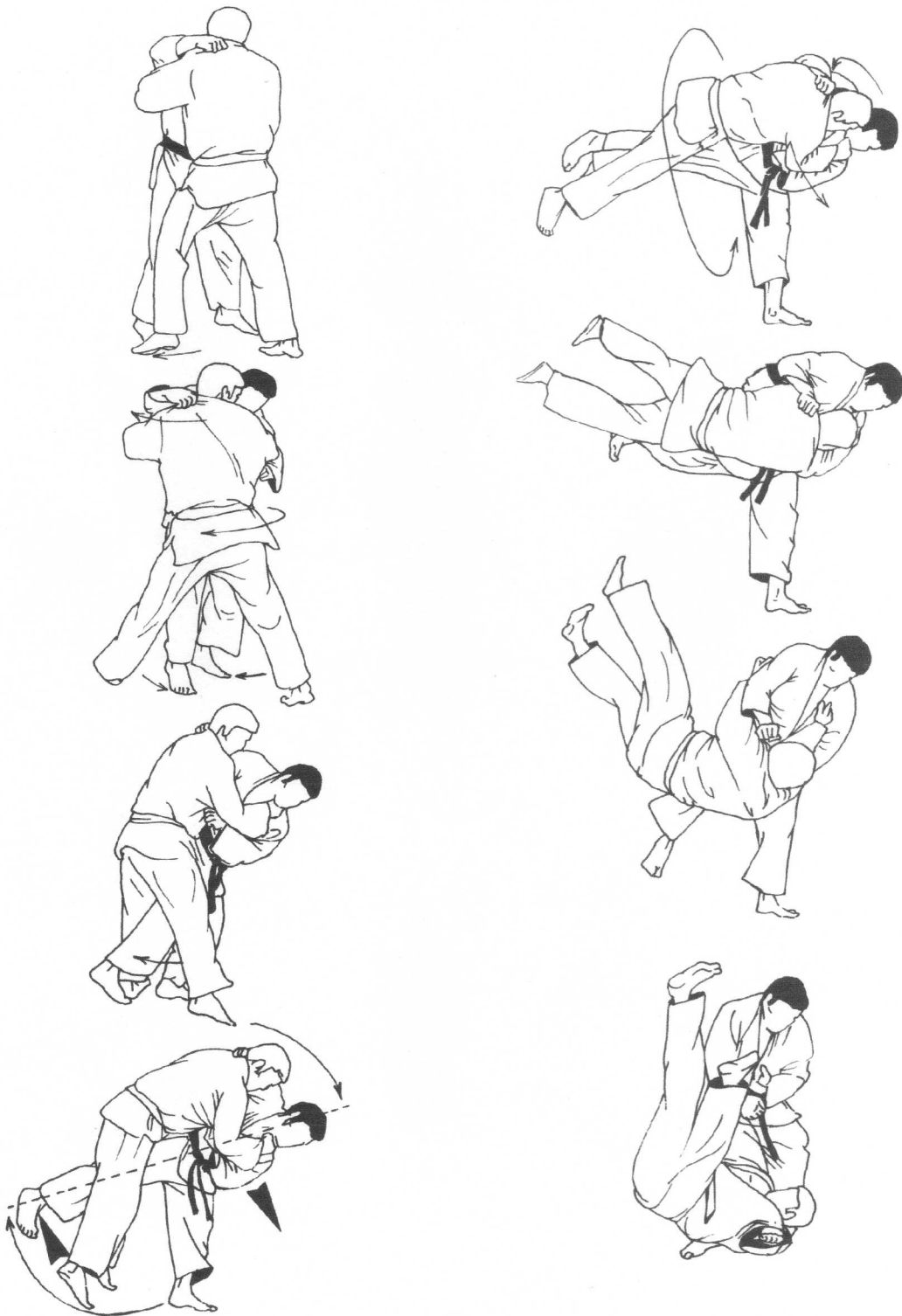
FRANÇOIS NOËL, 5<sup>E</sup> DAN

DIRECTEUR TECHNIQUE

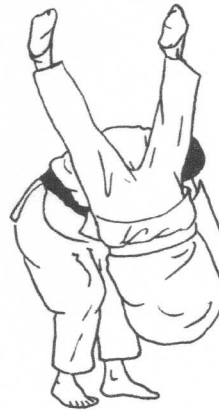
# MAE UKEMI



# UCHI MATA



# TSURI KOMI GOSHI



# KOSHI GURUMA



# KO SOTO GARI



# HARAI GOSHI



TAI OTOSHI





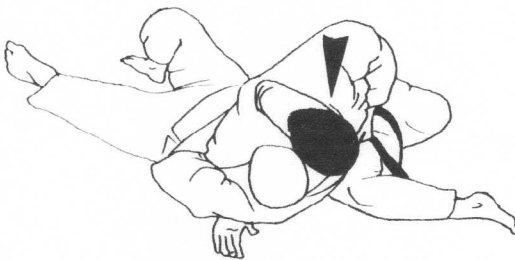
# OKURI ASHI BARAI



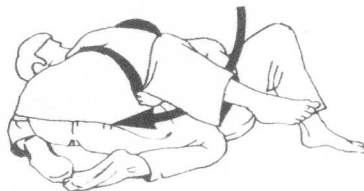
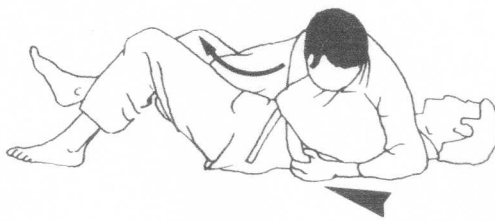
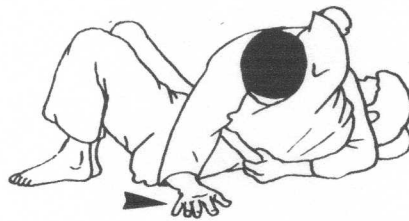
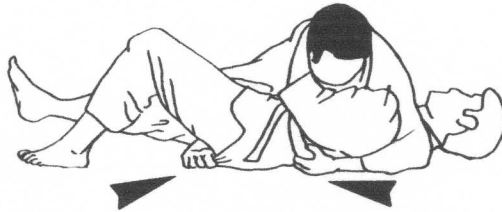
# KO UCHI GARI



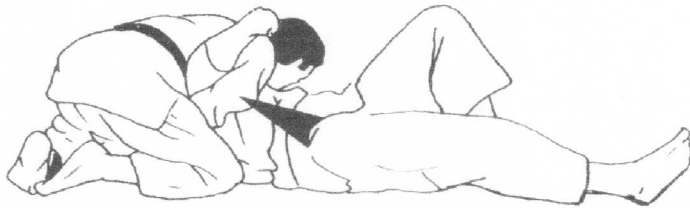
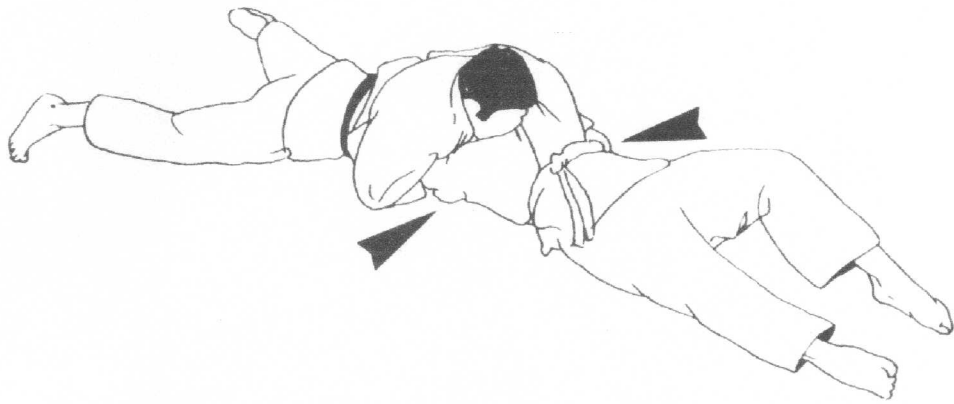
# KUZURE GESA GATAME



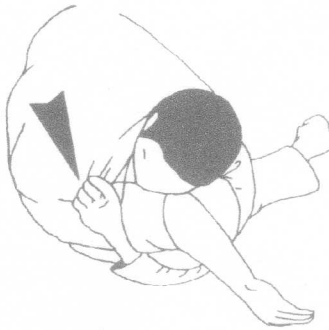
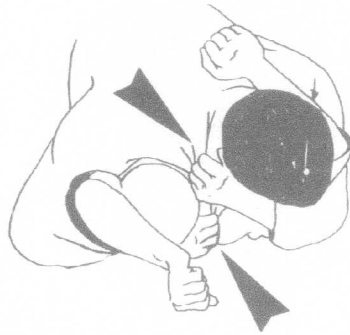
# KUZURE YOKO SHIHO GATAME



# KUZURE KAMI SHIHO GATAME



# TATE SHIHO GATAME



# ÉVALUATION

## Passage ceinture ORANGE

Date : \_\_\_\_\_

Nom : \_\_\_\_\_



TACHI WAZA	Kuzushi	Tsukuri	Kake	Note
KO SOTO GARI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
TSURI KOMI GOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
HARAI GOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
OKURI ASHI BARAI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
KOSHI GURUMA	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
TAI OTOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
KO UCHI GARI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
UCHI MATA	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

NE WAZA	Position	Poids	Déplacement	Note
KUSURE GESA GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
KUSURE YOKO SHIHO GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
KUSURE KAMI SHIHO GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
TATE SHIHO GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

UKEMI	Axe	Fluidité	Frappe	Note
MAE UKEMI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
UKEMI AVEC PARTENAIRE	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

TOTAL : \_\_\_\_ / 140

Évaluation dirigée par : \_\_\_\_\_ Titre : \_\_\_\_\_

ACCEPTÉ



REFUSÉ

