

CAHIER DU PRATIQUANT

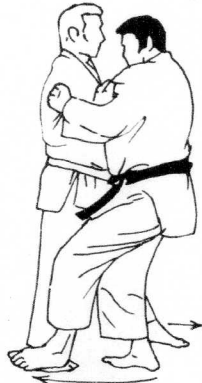
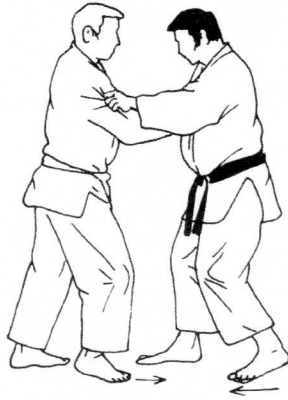


CEINTURE VERTE

FRANÇOIS NOËL, 5^E DAN

DIRECTEUR TECHNIQUE

KO SOTO GAKE



TSURI GOSHI



TOMOE NAGE



YOKO OTOSHI



ASHI GURUMA



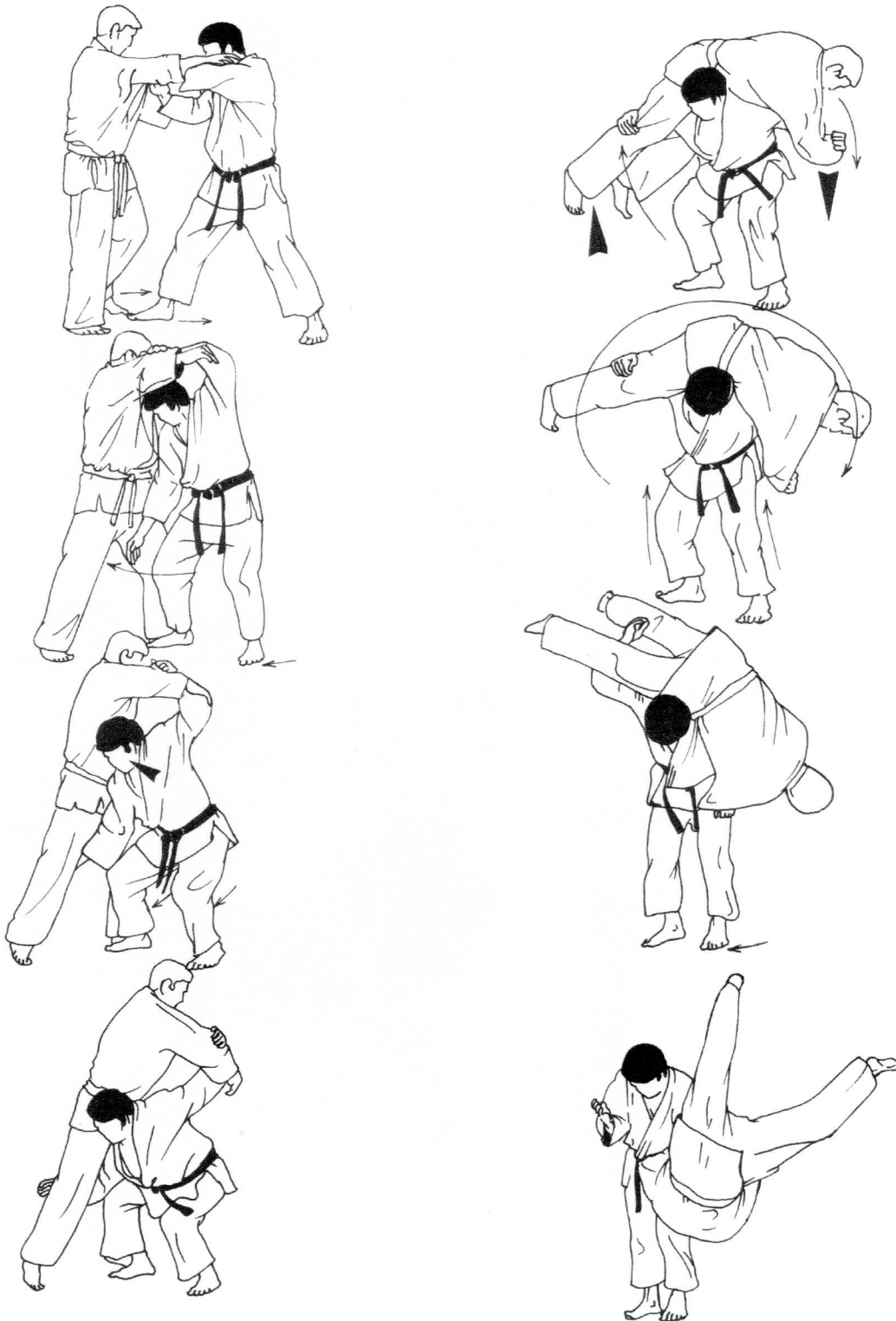
HANE GOSHI



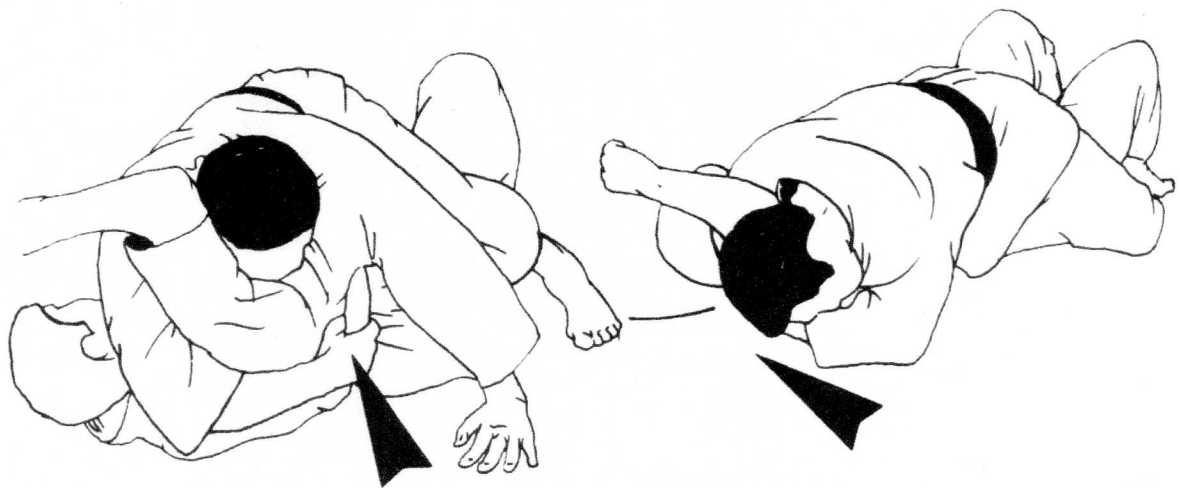
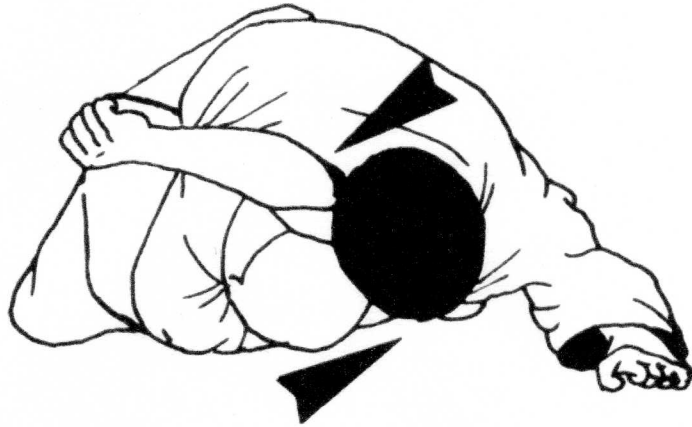
HARAI TSURI KOMI ASHI



KATA GURUMA



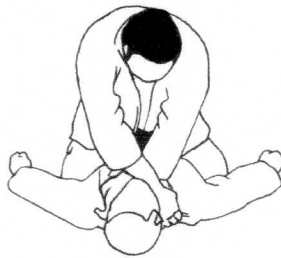
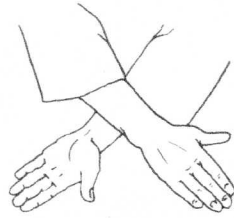
KUZURE TATE SHIHO GATAME



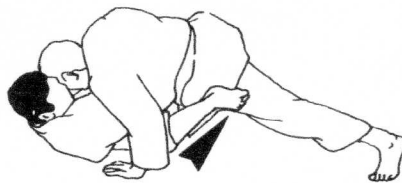
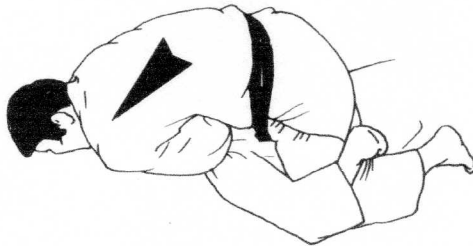
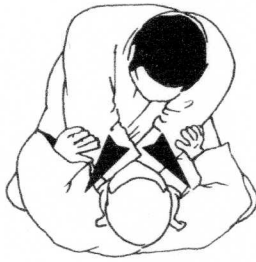
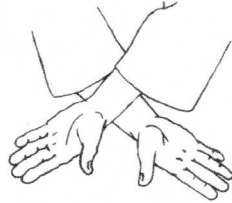
USHIRO GESA GATAME



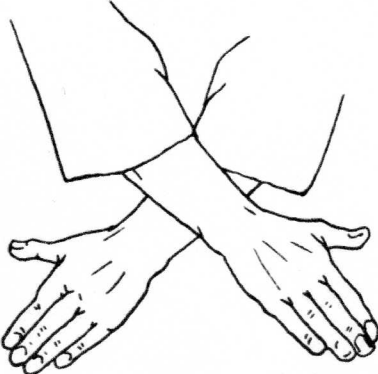
KATA JUJI JIME



GYAKU JUJI JIME



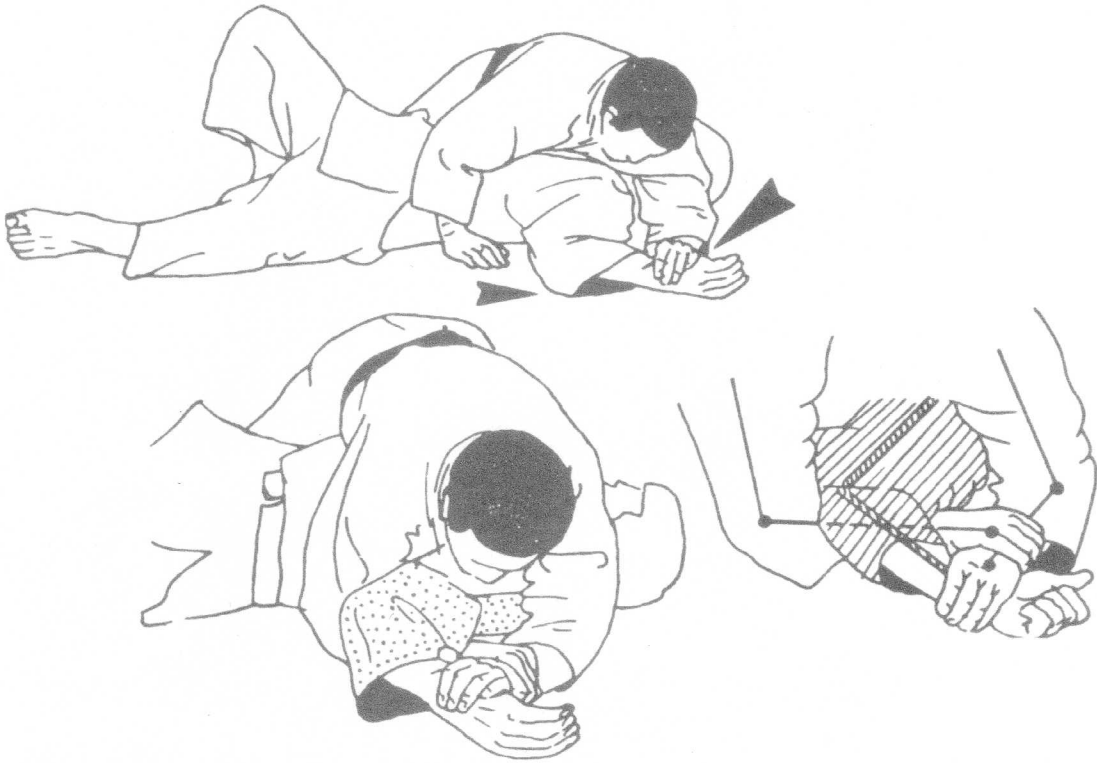
NAMI JUJI JIME



JUJI GATAME



UDE GARAMI



ÉVALUATION

Passage ceinture VERTE

Date : _____

Nom : _____



TACHI WAZA	Kuzushi	Tsukuri	Kake	Note
KO SOTO GAKE	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
TSURI GOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
TOMOE NAGE	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
YOKO OTOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
ASHI GURUMA	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
HANE GOSHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
HARAI TSURI KOMI ASHI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
KATA GURUMA	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

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

SHIME WAZA	Corps	Mains	Application	Note
KATA JUJI JIME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
GYAKU JUJI JIME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
NAMI JUJI JIME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

KANSETSU WAZA	Corps	Mains	Application	Note
JUJI GATAME	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10
UDE GRAMI	0 1 2 3	0 1 2 3	0 1 2 3 4	/ 10

TOTAL : ____ /150

Évaluation dirigée par : _____ Titre : _____

ACCEPTÉ



REFUSÉ

