



**Livret de progression
et
programme d'examen**

8ème – 1^{er} KYU

**Progression book
and
examination program**

8th to 1st KYU

Prénom / name :

Nom / surname :

adresse :

e-mail :

date de naissance / birth :

club :

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PROGRAMME TECHNIQUE
(technical program)

8ème KYU

selon liste ci-après *(as listed here after)*

Rei-Shiki

Seiza

Anza

Ritsu rei

Za rei

TACHI WAZA

Musubi dachi

Yoi dachi

Zenkutsu dachi

Kakato dachi

ASHI SABAKI

Ayumi ashi

ATEMI WAZA

Nanbu tsuki

Nanbu oi tsuki

Nanbu gyaku tsuki

Kakato geri

TENSHIN WAZA

Tenshin jodan uke

RANDORI NO KATA

Randori ichi no kata (1 combi)

SOTAI UNDO

Katate undo

NANBU SOTAI RANDORI NO KATA

Ichi no kata (1 combi)

Critères de réussite (succes criteria)

Etiquette

☐

Compréhension *(understanding)* coordination

☐

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PROGRAMME TECHNIQUE

7ème KYU

encadré en blanc (*framed in white*)

Rei-Shiki

Seiza

Anza

Ritsu rei

Za rei

TACHI WAZA

Musubi dachi

Yoi dachi

Zenkutsu dachi

Kakato dachi

Kihon dachi

ASHI SABAKI

Ayumi ashi

Kaiten

ATEMI WAZA

Nanbu tsuki

Nanbu oi tsuki

Nanbu gyaku tsuki

Furi age tsuki

Nanbu jun tsuki

Seiryuto uchi

Kakato geri

Mae geri

TENSHIN WAZA

Tenshin jodan uke

Tenshin shuto uke

Tenshin gedan barai

RENZOKU WAZA

Renzoku waza 1, 2

Sotai renzoku waza 1

Sanbon renzoku waza 1

RANDORI NO KATA

Randori ichi no kata (1 combi)

Randori ichi no kata (2 combi)

SOTAI UNDO

Katate undo

NANBU SOTAI RANDORI NO KATA

Ichi no kata (1 combi)

Ichi no kata (2 combi)

KATA

Shihotai tsuki

Shihotai ten

Shihotai chi

KI DO HO

NO RYOKU KAIHATSU HO

Ki Nanbu taiso : Nami

Critères de réussite (*succes criteria*)

Etiquette

☐

Compréhension (*understanding*) coordination

☐

PROGRAMME TECHNIQUE

6^{ème} KYU

encadré en blanc (*framed in white*)

Rei-Shiki

Seiza

Anza

Ritsu rei

Za rei

TACHI WAZA

Musubi dachi

Yoi dachi

Zenkutsu dachi

Kakato dachi

Kihon dachi

Hamni kakato dachi

ASHI SABAKI

Ayumi ashi

Kaiten

Hiki ashi

ATEMI WAZA

Nanbu tsuki

Nanbu oi tsuki

Nanbu gyaku tsuki

Furi age tsuki

Nanbu jun tsuki

Seiryuto uchi

Kakuto uchi

Kakato geri

Mae geri

Mawashi geri

Kansetsu geri

Mikazuki geri

Kaiten gedan geri

UKEMI WAZA

Ushiro ukemi

TENSHIN WAZA

Tenshin jodan uke

Tenshin shuto uke

Tenshin gedan barai

RENZOKU WAZA

Renzoku waza 1, 2

Renzoku waza 3, 4

Sotai renzoku waza 1

Sotai renzoku waza 2

Sanbon renzoku waza 1

Sanbon renzoku waza 2

RANDORI NO KATA

Randori ichi no kata (1 combi)

Randori ichi no kata (2 combi)

Randori ichi no kata (3 combi)

SOTAI UNDO

Katate undo

NANBU SOTAI RANDORI NO KATA

Ichi no kata (1 combi)

Ichi no kata (2 combi)

Ichi no kata (3 combi)

KATA

Shihotai tsuki

Shihotai ten

Shihotai chi

Shihotai ki

Shihotai hasu

Shihotai mizu

KI DO HO
NO RYOKU KAIHATSU HO

Ki Nanbu taiso : Nami

Ki Nanbu taiso : Kase

**Critères de réussite (*succes
criteria*)**

Etiquette ☐

Compréhension (*understand-
ing*) coordination ☐

Dachi, hanches (*hips*), waza ☐



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PROGRAMME TECHNIQUE

5^{ème} KYU

encadré en jaune (*framed in yellow*)

Rei-Shiki

Seiza
Anza
Ritsu rei
Za rei

TACHI WAZA

Musubi dachi
Yoi dachi
Zenkutsu dachi
Kakato dachi
Kihon dachi
Hamni kakato dachi

Shiko dachi
Neko ashi dachi
Kosa dachi, kake dachi
Kokutsu dachi

ASHI SABAKI

Ayumi ashi
Kaiten
Hiki ashi

Ma-ai renshu
Suri ashi

ATEMI WAZA

Nanbu tsuki
Nanbu oi tsuki
Nanbu gyaku tsuki
Furi age tsuki
Nanbu jun tsuki
Seiryuto uchi
Kakuto uchi
Tetsui uchi
Kakete uke

Aito uchi
Kaki wake

Kakato geri
Mae geri
Mawashi geri
Kansetsu geri
Mikazuki geri
Kaiten gedan geri

UKEMI WAZA

Ushiro ukemi
Kaiten mae ukemi

TENSHIN WAZA

Tenshin jodan uke
Tenshin shuto uke
Tenshin gedan barai

RENZOKU WAZA

Renzoku waza 1-4

Sotai renzoku waza 1-4

Sanbon renzoku waza 1
Sanbon renzoku waza 2
Sanbon renzoku waza 3

RANDORI NO KATA

Randori ichi no kata
Gyaku randori ichi no kata
Ninin gake shodan

SOTAI UNDO

Katate undo
Ryote undo

NANBU SOTAI RANDORI NO KATA

Sotai randori Ichi no kata

KATA

Shihotai 1-6

Ikkyoku

KI DO HO

NO RYOKU KAIHATSU HO

Ki Nanbu taiso : Nami

Ki Nanbu taiso : Kase

Ki Nanbu taiso : Iwa

Ki Nanbu taiso : Matsu

Nanbudo mitsu no chikara

Critères de réussite (*success criteria*)

Etiquette ☐

Compréhension (*understanding*) coordination ☐

Dachi, hanches (*hips*), waza ☐

Confiance en soi (*self-confidence*) ☐

Yoi dachi, Zenkutsu dachi, hikite ☐



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PROGRAMME TECHNIQUE

4^{ème} KYU

encadré en orange (*framed in orange*)

Rei-Shiki

Seiza
Anza
Ritsu rei
Za rei

TACHI WAZA

Musubi dachi
Yoi dachi
Zenkutsu dachi
Kakato dachi
Kihon dachi
Hamni kakato dachi
Shiko dachi
Neko ashi dachi
Kosa dachi, kake dachi
Kokutsu dachi

Nio dachi

ASHI SABAKI

Ayumi ashi
Kaiten
Hiki ashi
Ma-ai renshu
Suri ashi

ATEMI WAZA

Nanbu tsuki
Nanbu oi tsuki
Nanbu gyaku tsuki
Furi age tsuki
Nanbu jun tsuki
Seiryuto uchi
Kakuto uchi
Tetsui uchi

Kakete uke
Aito uchi
Kaki wake

Kaiten tsuki
Nukite uchi
Shuto uchi
Empi
Ura tetsui uchi
Ushiro atama uchi

Kakato geri
Mae geri
Mawashi geri
Kansetsu geri
Mikazuki geri
Kaiten gedan geri

Yoko geri
Ura mawashi geri
Hiza geri
Jun mae geri
Kin geri

UKEMI WAZA

Ushiro ukemi
Kaiten mae ukemi

Yoko sutemi

NAGE WAZA

De ashi barai
Irimi nage

TENSHIN WAZA

Tenshin jodan uke
Tenshin shuto uke
Tenshin gedan barai

RENZOKU WAZA

Renzoku waza 1-4

Sotai renzoku waza 1-4

Sanbon renzoku waza 1-5

Kaiten renzoku waza 1-4

RANDORI NO KATA

Randori ichi no kata

Gyaku randori ichi no kata

Kaiten ichi no kata

Randori ni no kata

Randori irimi no kata

Gyaku randori irimi no kata

Ninin gake shodan

SOTAI UNDO

Katate undo

Ryote undo

NANBU SOTAI RANDORI NO KATA

Sotai randori Ichi no kata

Sotai randori ni no kata

KATA

6 Shihotai

Nanbu shodan

Nanbu nidan

Ikkyoku

KI DO HO NO RYOKU KAIHATSU HO

Ki Nanbu taiso : Nami

Ki Nanbu taiso : Kase

Ki Nanbu taiso : Iwa

Ki Nanbu taiso : Matsu

Ki Nanbu taiso : Tsuru

Ki Nanbu taiso : Hebi

Ki Nanbu taiso : Ryu

Ki Nanbu taiso : Cho

Nanbudo mitsu no chikara

Critères de réussite (*success criteria*)

Etiquette ☐

Compréhension (*understanding*) coordination ☐

Dachi, hanches (*hips*), waza ☐

Confiance en soi (*self-confidence*) ☐

Yoi dachi, Zenkutsu dachi, hikite ☐

Kime, percussion ☐

Utilisation de la hanche dans les atemi (*using hip for atemi*) ☐



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PROGRAMME TECHNIQUE

3^{ème} KYU

encadré en vert (*framed in green*)

Rei-Shiki

Seiza
Anza
Ritsu rei
Za rei

TACHI WAZA

Musubi dachi
Yoi dachi
Zenkutsu dachi
Kakato dachi
Kihon dachi
Hamni kakato dachi
Shiko dachi
Neko ashi dachi
Kosa dachi, kake dachi
Kokutsu dachi
Nio dachi

Dachi kata

ASHI SABAKI

Ayumi ashi
Kaiten
Hiki ashi
Ma-ai renshu
Suri ashi

ATEMI WAZA

Nanbu tsuki
Nanbu oi tsuki
Nanbu gyaku tsuki
Furi age tsuki
Nanbu jun tsuki
Seiryuto uchi
Kakuto uchi

Tetsui uchi
Kakete uke
Aito uchi
Kaki wake
Kaiten tsuki
Nukite uchi
Shuto uchi
Empi
Ura tetsui uchi
Ushiro atama uchi

Morote tsuki
Kumade tsuki
Mae atama uchi
Mawashi tsuki

Kakato geri
Mae geri
Mawashi geri
Kansetsu geri
Mikazuki geri
Kaiten gedan geri
Yoko geri
Ura mawashi geri
Hiza geri
Jun mae geri
Kin geri

UKEMI WAZA

Ushiro ukemi
Kaiten mae ukemi
Yoko sutemi

NAGE WAZA

De ashi barai
Irimi nage

O soto gari
O uchi gari

TENSHIN WAZA

Tenshin jodan uke

Tenshin shuto uke
Tenshin gedan barai

RENZOKU WAZA

Renzoku waza 1, 2
Renzoku waza 3, 4

Renzoku waza 5, 6

Sotai renzoku waza 1-4
Sanbon renzoku waza 1-5
Kaiten renzoku waza 1-4

RANDORI NO KATA

Randori ichi no kata
Gyaku randori ichi no kata
Kaiten ichi no kata

Randori ni no kata

Kaiten randori ni no kata

Randori san no kata

Randori irimi no kata
Gyaku randori irimi no kata
Ninin gake shodan

SOTAI UNDO

Katate undo
Ryote undo

NANBU SOTAI RANDORI NO KATA

Sotai randori Ichi no kata
Sotai randori ni no kata
Sotai randori irimi no kata

KATA

6 Shihotai

Nanbu shodan
Nanbu nidan

Nanbu sandan

Ikkyoku

KI DO HO NO RYOKU KAIHATSU HO

Ki Nanbu taiso

Nanbudo mitsu no chikara

Nanbu tenchi undo : tsuki

SHIAI

Découverte compétition : se présenter à un randori ou un kata, rôle de chacun, commandements du Sushin (*discover competition and rules*).

Critères de réussite (*success criteria*)

- Etiquette ☐
- Compréhension (*understanding*) coordination ☐
- Dachi, hanches (*hips*), waza ☐
- Confiance en soi (*self-confidence*) ☐
- Yoi dachi, Zenkutsu dachi, hikite ☐
- Kime, percussion ☐
- Utilisation de la hanche dans les atemi (*using hip for atemi*) ☐
- Concentration (*focussing*) ☐
- Stabilité (*stability*), kime, esquive (*dodge*), respiration en (*during*) confrontation ☐

PROGRAMME TECHNIQUE

2ème KYU

encadré en bleu (*framed in blue*)

Rei-Shiki

Seiza
Anza
Ritsu rei
Za rei

TACHI WAZA

Musubi dachi
Yoi dachi
Zenkutsu dachi
Kakato dachi
Kihon dachi
Hamni kakato dachi
Shiko dachi
Neko ashi dachi
Kosa dachi, kake dachi
Kokutsu dachi
Nio dachi
Dachi kata

Sanpo dachi

ASHI SABAKI

Ayumi ashi
Kaiten
Hiki ashi
Ma-ai renshu
Suri ashi

Happo undo Kihon ju randori

ATEMI WAZA

Nanbu tsuki
Nanbu oi tsuki
Nanbu gyaku tsuki
Furi age tsuki

Nanbu jun tsuki
Seiryuto uchi
Kakuto uchi
Tetsui uchi
Kakete uke
Aito uchi
Kaki wake
Kaiten tsuki
Nukite uchi
Shuto uchi
Empi
Ura tetsui uchi
Ushiro atama uchi
Morote tsuki
Kumade tsuki
Mae atama uchi
Mawashi tsuki

Kakato geri
Mae geri
Mawashi geri
Kansetsu geri
Mikazuki geri
Kaiten gedan geri
Yoko geri
Ura mawashi geri
Hiza geri
Jun mae geri
Kin geri

UKEMI WAZA

Ushiro ukemi
Kaiten mae ukemi
Yoko sutemi

NAGE WAZA

De ashi barai
Irimi nage
O soto gari
O uchi gari

TENSHIN WAZA

Tenshin jodan uke

Tenshin shuto uke

Tenshin gedan barai

Tenshin chudan uke

RENZOKU WAZA

Renzoku waza 1, 2

Renzoku waza 3, 4

Renzoku waza 5, 6

Renzoku waza 7, 8

Sotai renzoku waza 1-4

Sanbon renzoku waza 1-5

Kaiten renzoku waza 1-4

RANDORI NO KATA

Randori ichi no kata

Gyaku randori ichi no kata

Kaiten ichi no kata

Randori ni no kata

Kaiten randori ni no kata

Randori san no kata

Kaiten randori san no kata

Randori irimi no kata

Gyaku randori irimi no kata

Ninin gake shodan

Ukemi no kata

SOTAI UNDO

Katate undo

Ryote undo

NANBU SOTAI RANDORI NO KATA

Sotai randori ichi no kata

Sotai randori ni no kata

Sotai randori irimi no kata

Sotai randori san no kata

Kaiten no kata

KATA

6 Shihotai

Nanbu shodan

Nanbu nidan

Nanbu sandan

Nanbu yondan

Ikkyoku

KI DO HO

NO RYOKU KAIHATSU HO

Ki Nanbu taiso

Nanbudo mitsu no chikara

Nanbu tenchi undo : tsuki

Nanbu Keiraku taiso ichiban

SHIAI

Découverte compétition : se présenter à un randori ou un kata, rôle de chacun, commandements du Sushin (*discover tournament and rules*).

Approfondissement compétition avec principales terminologies et études tactiques (*deepening competition knowledge with main terms and tactical studies*).

Critères de réussite (*success criteria*)

Etiquette ☐

Compréhension (*understanding*) coordination ☐

Dachi, hanches (*hips*), waza ☐

Confiance en soi (*self-confidence*) ☐

- Yoi dachi, Zenkutsu dachi, hikite ☐
- Kime, percussion ☐
- Utilisation de la hanche dans les atemi (*using hip for atemi*) ☐
- Concentration (*focussing*) ☐
- Stabilité (*stability*), kime, esquive (*dodge*), respiration en (*during*) confrontation ☐
- Détermination (*resolution*) ☐
- Attitude, regard (*resoluteness*), kiai ☐
- Autonomie (*autonomy*) ☐



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PROGRAMME TECHNIQUE

1^{ER} KYU

encadré en brun (*framed in brown*)

Rei-Shiki

Seiza
Anza
Ritsu rei
Za rei
Nanbudo mitsu no chikara
Nanbudo nanatsu no chikara

TACHI WAZA

Musubi dachi
Yoi dachi
Zenkutsu dachi
Kakato dachi
Kihon dachi
Hamni kakato dachi
Shiko dachi
Neko ashi dachi
Kosa dachi, kake dachi
Kokutsu dachi
Nio dachi
Dachi kata
Sanpo dachi

Tsuru dachi

ASHI SABAKI

Ayumi ashi
Kaiten
Hiki ashi
Ma-ai renshu
Suri ashi
Happo undo
Kihon ju randori

Kani ashi
Shikko

ATEMI WAZA

Nanbu tsuki
Nanbu oi tsuki
Nanbu gyaku tsuki
Furi age tsuki
Nanbu jun tsuki
Seiryuto uchi
Kakuto uchi
Tetsui uchi
Kakete uke
Aito uchi
Kaki wake
Kaiten tsuki
Nukite uchi
Shuto uchi
Empi
Ura tetsui uchi
Ushiro atama uchi
Morote tsuki
Kumade tsuki
Mae atama uchi
Mawashi tsuki

Kakato geri
Mae geri
Mawashi geri
Kansetsu geri
Mikazuki geri
Kaiten gedan geri
Yoko geri
Ura mawashi geri
Hiza geri
Jun mae geri
Kin geri

Mae tobi geri
Ushiro geri

UKEMI WAZA

Ushiro ukemi
Kaiten mae ukemi
Yoko sutemi

NAGE WAZA

De ashi barai
Irimi nage
O soto gari
O uchi gari

TENSHIN WAZA

Tenshin jodan uke
Tenshin shuto uke
Tenshin gedan barai
Gedan barai
Tenshin chudan uke

RENZOKU WAZA

Renzoku waza 1-8

Sotai renzoku waza 1-4

Sanbon renzoku waza 1-5

Kaiten renzoku waza 1-4

RANDORI NO KATA

Randori ichi no kata
Gyaku randori ichi no kata
Kaiten ichi no kata

Randori ni no kata
Kaiten randori ni no kata

Randori san no kata
Kaiten randori san no kata

Randori yon no kata

Randori irimi no kata
Gyaku randori irimi no kata

Ninin gake shodan

Ukemi no kata

SOTAI UNDO

Katate undo
Ryote undo
Nami undo

NANBU SOTAI RANDORI NO KATA

Sotai randori ichi no kata
Sotai randori ni no kata
Sotai randori irimi no kata
Sotai randori san no kata
Kaiten no kata

KATA

Shihotai tsuki
Shihotai ten
Shihotai chi
Shihotai ki
Shihotai hasu
Shihotai mizu

Nanbu shodan
Nanbu nidan
Nanbu sandan
Nanbu yondan

Nanbu godan

Ikkyoku

KI DO HO NO RYOKU KAIHATSU HO

Ki Nanbu taiso
Nanbudo mitsu no chikara

Nanbudo nanatsu no chikara

Nanbu tenchi undo : tsuki
Nanbu Keiraku taiso ichiban

Ki undo ichiban

Shihotai ku

Shizen no ki undo : tsuki

SHIAI

Découverte compétition : se présenter à un randori ou un kata, rôle de chacun, commandements du Sushin (*discover tournament and rules*).

Approfondissement compétition avec principales terminologies et études tactiques (*deepening competition knowledge with main terms and tactical studies*).

Approfondissement compétition avec études tactiques et découvertes des principales règles d'arbitrage (*further study of competition with tactical rules and discovery of main referee rules*).

Critères de réussite (*success criteria*)

- Etiquette ☐
- Compréhension (*understanding*) coordination ☐
- Dachi, hanches (*hips*), waza ☐
- Confiance en soi (*self-confidence*) ☐
- Yoi dachi, Zenkutsu dachi, hikite ☐
- Kime, percussion ☐
- Utilisation de la hanche dans les atemi (*using hip for atemi*) ☐
- Concentration (*focussing*) ☐
- Stabilité (*stability*), kime, esquive (*dodge*), respiration en (*during*) confrontation ☐
- Détermination (*resolution*) ☐
- Attitude, regard (*resoluteness*), kiai ☐
- Autonomie (*autonomy*) ☐
- Attitude (dachi, zanchin, kime, kiai) pour toutes les techniques (*for all technics*) ☐

Capacité à présenter le Nanbudo (*ability to introduce Nanbudo*) ☐



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