

# 六級

## 6<sup>e</sup> kyū

### CONNAISSANCE DE BASE

Kamae, déplacements tsugi ashi, ayumi ashi (gauche, droite)

Mae ukemi (+ mawari ashi)

Ushiro ukemi (Yoko, Maki)

### 站立技法 TACHI WAZA (Applications pousser/tirer)

Aihanmi katate dori	Iriminage	<i>omote – ura</i>
Kata dori	Iriminage omote	<i>soto</i>
	Ikkyō omote	<i>uchi</i>
Gyaku hanmi katate dori	Ikkyō omote	<i>uchi</i>
	tenshinage	