

## Orange

### **Te-Hodoki**

1. Ushiro Eri dori
2. Ushiro Sode Dori
3. Ushiro Ryote Dori
4. Ushiro Uwate
5. Ushiro Shitate
6. Ushiro Katate
7. Ushiro Shime

### **Techniques**

1. Mukae daoshi
2. Kote Kudaki
3. Ushiro Kata otoshi

### **Kihon**

1. Oi Zuki
2. Nihon Zuki
3. Sanbon Zuki
4. Age Uke Mae Geri Gyaku Zuki
5. Soto Ude Uke Mae Geri Gyaku Zuki
6. Shuto Mae Geri (avant) Gyaku Zuki
7. Mae Geri
8. Yoko Geri Kekomi
9. Yoko Geri Keage
10. Mawashi Geri

### **Chute**

1. Chute Arrière

### **Kata**

1. Heian Sandan
2. Kihon osae complet.

### **Kihon Osae Waza**

#### *Attaques*

1. Zuki Chudan
2. Ryote Ippo Dori
3. Sode Dori
4. Ushiro Katate dori Eri Jime
5. Ushiro Ryote Dori
6. Ushiro Uwate

#### *Amenées*

- Ushiro Hiji Kudaki
- Robuse
- Kote Kudaki
- Yuki Chigae
- Shiho Nage
- Mukae Daoshi

#### *Contrôles*

- Hiji Kansetsu
- Hiji ou Kata Kansetsu
- Kata Kansetsu
- Ude Kansetsu
- Te Kubi Kata Kansetsu
- Kata Kansetsu