

**Enfants**

Ceinture	Positions	Techniques	Déplacements	Kata	Kumite
<b>Blanche et jaune</b>					
	Hachi ji dachi	Gedan barai	Ayumi ashi	Taikyoku shodan	Gohon kumite
	Heisoku dachi	Jodan age uke	Hiki ashi		
	Musubi dachi	Oi zuki			
	Zenkutsu dachi	Gyaku zuki			
		Mae geri			
		Uchi uke			
		Soto uke			
		Uraken			
		Mawashi geri			
<b>Jaune</b>					
	Ko kutsu	Shuto uke	Tsugi ashi	Taikyoku nidan	Sanbon kumite
		Maete zuki			
<b>Jaune et orange</b>					
	Kiba dachi	Shuto uchi		Taikyoku sandan	Ippon kumite
	Renji dachi	Tetsui uchi			
	Heiko dachi				
<b>Orange</b>					
	Fudo dachi	Yoko geri	Yori ashi	Heian shodan	Ippon kumite
	Uchi hachiji dachi	Nukite			
<b>Orange et verte</b>					
	Shiko dachi	Mikazuki geri		Heian nidan	
		Fumikomi			
<b>Verte</b>					
	Neko ashi dachi	Haishu uke	Mawari ashi	Heian sandan	Ippon kumite
		Teisho uke			
		Juji uke			
		Ushiro geri			
<b>Verte et bleue</b>					
	Kosa dachi	Ura zuki	Okuri ashi	Heian yodan	Ippon kumite
	Moto dachi	Kagi zuki			
		Empi uchi			
<b>Bleue</b>					
		Ushiro mawashi	O mawari ashi	Heian godan	Ippon kumite
		Ura mawashi			
		Ashi barai			
<b>Bleue et marron</b>					
	Sanchin dachi	Haito uchi		Tekki shodan	Ippon kumite
	Hangetsu dachi	Teisho uchi			
		Gyaku mikazuki			
		Geri			
		Hiza geri			
		Yama zuki			
<b>Marron</b>					
	Tsuru ashi	Morote zuki	Tous	Tokui kata	Ippon kumite
		Kakato geri		Kata imposé	
		Morote uke			
		Sukui uke			

### Adultes

Ceinture	Positions	Techniques	Déplacements	Kata	Kumite
<b>Jaune</b>					
	Hachi ji dachi	Gedan barai	Ayumi ashi	Heian shodan	Ippon kumite
	Heisoku dachi	Jodan age uke	Hiki ashi		
	Musubi dachi	Oi zuki	Tsugi ashi		
	Zenkutsu dachi	Gyaku zuki			
	Ko kutsu	Mae geri			
		Uchi uke			
		Soto uke			
		Uraken			
		Mawashi geri			
		Shuto uke			
		Maete zuki			
<b>Orange</b>					
	Kiba dachi	Shuto uchi	Yori ashi	Heian nidan	Ippon kumite
	Renoji dachi	Tetsui uchi			
	Heiko dachi	Yoko geri			
	Fudo dachi	Nukite			
	Uchi hachiji dachi	Mikazuki geri			
	Shiko dachi	Fumikomi			
<b>Verte</b>					
	Neko ashi dachi	Haishu uke	Mawari ashi	Heian sandan	Ippon kumite
		Teisho uke			
		Juji uke			
		Ushiro geri			
	Kosa dachi	Ura zuki	Okuri ashi		
	Moto dachi	Kagi zuki			
		Empi uchi			
<b>Bleue</b>					
	Sanchin dachi	Ushiro mawashi	O mawari ashi	Heian yodan	Ippon kumite
	Hangetsu dachi	Ura mawashi			
		Ashi barai			
		Haito uchi			
		Teisho uchi			
		Gyaku mikazuki			
		Geri			
		Hiza geri			
		Yama zuki			
<b>Marron</b>					
	Tsuru ashi	Morote zuki	Tous	Heian godan	Ippon kumite
		Kakato geri		Tekki shodan	
		Morote uke			
		Sukui uke			