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| **Positions** | **Techniques** | **Déplacements** | **Kata** | **Kumite** |
| CEINTURE BLANCHE | | | | |
| Hachidji dachi | Gedan barai | Ayumi Achi | Taikyoku shodan | Kihon |
| Heisoku dachi | Jodan age uke | (avancer) |  | Ippon kumite |
| Musubi dachi | Gyaku zuki |  |  | Gohon kumite |
| Zenkutsu dachi | Oi zuki |  |  |  |
|  | Mae geri |  |  |  |
| CEINTURE BLANCHE-JAUNE | | | | |
| Idem | Uchi uke | Hiki achi | Taikyoku nidan | idem |
|  | Soto uke | (reculer) |  |  |
|  | Uraken |  |  |  |
|  | Mawashi geri |  |  |  |
| CEINTURE JAUNE | | | | |
| Kokutsu dachi | Shuto uke | Tzugi achi | Taikyoku sandan | idem |
|  | Maete zuki (kizami | (pas chassé) |  | Sanbon kumite |
|  | zuki) |  |  |  |
| CEINTURE JAUNE-ORANGE | | | | |
| Kiba dachi | Shuto uchi | idem | Heian shodan | idem |
| Renoji dachi | Tetsui uchi |  |  |  |
| Heiko dachi |  |  |  |  |
| CEINTURE ORANGE | | | | |
| Uchi hachiji achi | Morote uke | Yori ashi | idem + bunkaï | idem + ippon kumite |
| Fudo dachi | Yoko geri kekomi | (jambe avant tire la |  | en position de |
|  | Nukite | jambe arrière) |  | garde |
| CEINTURE ORANGE-VERTE | | | | |
| Shiko dachi | Mika zuki geri | idem | Heian nidan | idem |
|  | Fumikomi |  | + bunkaï |  |
|  | Yoko geri keage |  |  |  |
| CEINTURE VERTE | | | | |
| Neko ashi dachi | Haishu uke | Mawari ashi | Heian sandan | Ju ippon kumite |
|  | Teisho uke | (1/4 de tour jambe | + bunkaï | (avec attaque |
|  | Juji uke (gedan) | arrière) |  | déterminée) |
|  | Ushirogeri |  |  | Ju kumite |
| CEINTURE VERTE-BLEUE | | | | |
| Kosa dachi | Ura zuki | Okuri ashi | Heian Yodan | Initiation compétition |
| Moto dachi | Kagi zuki | (pas croisé) | + bunkaï | combat |
|  | Tate empi uchi |  |  |  |
|  | Mae tobi geri |  |  |  |
|  | Yoko tobi geri |  |  |  |
| CEINTURE BLEUE | | | | |
| idem | Ashi barai | O mawari ashi | Heian godan | Ju ippon kumite |
|  | Ushiro mawashi barai | (3/4 de tour jambe avant) | + bunkaï | (avec attaque |
|  | Mawashi zuki |  |  | libre) |
|  | Ura mawashi zuki |  |  | Shiai |
| CEINTURE BLEUE-MARRON | | | | |
| Sanchin dachi | Haito uchi | idem | idem | initiation ippon shobu |
| Hangetsu dachi | Teisho uchi |  |  |  |
|  | Gyaku mikazuki geri |  |  |  |
|  | Yama zuki |  |  |  |
|  | Mae hiza geri (Itsui geri) |  |  |  |
| CEINTURE MARRON | | | | |
| Tsuru ashi dachi | Morote zuki | tous | Tekki shodan | Perfectionnement |
| (ou sagi ashi dachi) | Kakato geri |  | + bunkaï | Ippon shobu |
| Kata dachi | Sukui uke |  |  | Sanbon shobu |