

TEST 1 DAN

NOM :

PASSAGE THEORIQUE :

PRENOM :

HEURES DE COURS :

HEURES DE STAGES :

	<u>SUWARI WAZA</u>	<u>OK</u>	<u>OK</u>	<u>Remarques</u>
<u>1</u>	AI HANMI KATATE DORI IKKYO			
<u>2</u>	AI HANMI KATATE DORI IKKYO URA			
<u>3</u>	AI HANMI KATATE DORI NIKYO OMOTE			
<u>4</u>	AI HANMI KATATE DORI NIKYO URA			
<u>5</u>	AI HANMI KATATE DORI SANKYO OMOTE			
<u>6</u>	AI HANMI KATATE DORI SANKYO URA			
<u>7</u>	AI HANMI KATATE DORI YONKYO OMOTE			
<u>8</u>	AI HANMI KATATE DORI YONKYO URA			
<u>9</u>	AI HANMI KATATE DORI KOKYU HÔ			
<u>10</u>	AI HANMI KATATE DORI IRIMI NAGE OMOTE			
<u>11</u>	AI HANMI KATATE DORI IRIMI NAGE URA			
<u>12</u>	AI HANMI KATATE DORI KOTE GAESHI OMOTE			
<u>13</u>	AI HANMI KATATE DORI KOTE GAESHI URA			
<u>14</u>	SHOMEN UCHI IKKYO OMOTE			
<u>15</u>	SHOMEN UCHI IKYO URA			
<u>16</u>	SHOMEN UCHI NIKYO OMOTE			
<u>17</u>	SHOMEN UCHI NIKYO URA			
<u>18</u>	SHOMEN UCHI SANKYO OMOTE			
<u>19</u>	SHOMEN UCHI SANKYO URA			
<u>20</u>	SHOMEN UCHI YONKYO OMOTE			
<u>21</u>	SHOMEN UCHI YONKYO URA			
<u>22</u>	SHOMEN UCHI GOKYO OMOTE			
<u>23</u>	SHOMEN UCHI GOKYO URA			
<u>24</u>	SHOMEN UCHI IRIMI NAGE OMOTE			
<u>25</u>	SHOMEN UCHI IRIMI NAGE URA			
<u>26</u>	SHOMEN UCHI KOTE GASEHI OMOTE			
<u>27</u>	SHOMEN UCHI KOTE GAESHI URA			
	<u>HANDACHI WAZA</u>			
<u>28</u>	KATATE DORI IKKYO OMOTE			
<u>29</u>	KATATE DORI IKKYO URA			
<u>30</u>	KATATE DORI NIKYO OMOTE			
<u>31</u>	KATATE DORI NIKYO URA			
<u>32</u>	KATATE DORI IRIMI NAGE OMOTE			
<u>33</u>	KATATE DORI IRIMI NAGE URA			
<u>34</u>	KATATE DORI KOTE GAESHI OMOTE			

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TEST 1 DAN

	<u>HANDACHI WAZA</u>	<u>OK</u>	<u>OK</u>	<u>Remarques</u>
<u>35</u>	KATATE DORI KOTE GAESHI URA			
<u>36</u>	KATATE DORI SHIHO NAGE OMOTE			
<u>37</u>	KATATE DORI SHIHO NAGE URA			
<u>38</u>	KATATE DORI UCHI KAITEN NAGE OMOTE			
<u>39</u>	KATATE DORI UCHI KAITEN NAGE URA			
<u>40</u>	KATATE DORI SOTO KAITEN NAGE OMOTE			
<u>41</u>	KATATE DORI SOTO KAITEN NAGE URA			
<u>42</u>	KATATE DORI KOKYU NAGE			
	<u>TACHI WAZA</u>			
<u>43</u>	AI HANMI KATATE DORI IKKYO OMOTE			
<u>44</u>	AI HANMI KATATE DORI IKKYO URA			
<u>45</u>	AI HANMI KATATE DORI NIKYO OMOTE			
<u>46</u>	AI HANMI KATATE DORI NIKYO URA			
<u>47</u>	AI HANMI KATATE DORI SANKYO OMOTE			
<u>48</u>	AI HANMI KATATE DORI SANKYO URA			
<u>49</u>	AI HANMI KATATE DORI YONKYO OMOTE			
<u>50</u>	AI HANMI KATATE DORI YONKYO URA			
<u>51</u>	AI HANMI KATATE DORI IRIMI NAGE OMOTE			
<u>52</u>	AI HANMI KATATE DORI IRIMI NAGE URA			
<u>53</u>	AI HANMI KATATE DORI KOTE GAESHI OMOTE			
<u>54</u>	AI HANMI KATATE DORI KOTE GAESHI URA			
<u>55</u>	AI HANMI KATATE DORI SHIHO NAGE OMOTE			
<u>56</u>	AI HANMI KATATE DORI SHIHO NAGE URA			
<u>57</u>	AI HANMI KATATE DORI UDE KIME NAGE OMOTE			
<u>58</u>	AI HANMI KATATE DORI UDE KIME NAGE URA			
<u>59</u>	AI HANMI KATATE DORI HIJI KIME OSAE OMOTE			
<u>60</u>	AI HANMI KATATE DORI UCHI KAITEN NAGE OMOTE			
<u>61</u>	AI HANMI KATATE DORI UCHI KAITEN NAGE URA			
<u>62</u>	AI HANMI KATATE DORI SOTO KAITEN NAGE OMOTE			
<u>63</u>	AI HANMI KATATE DORI SOTO KAITEN NAGE URA			
<u>64</u>	AI HANMI KATATE DORI UCHI KAITEN SANKYO OMOTE			
<u>65</u>	AI HANMI KATATE DORI UCHI KAITEN SANKYO URA			
<u>66</u>	AI HANMI KATATE DORI SOTO KAITEN NAGE SANKYO OMOTE			
<u>67</u>	AI HANMI KATATE DORI SOTO KAITEN NAGE SANKYO URA			
<u>68</u>	AI HANMI KATATE DORI KOSHI NAGE			
<u>69</u>	AI HANMI KATATE DORI KOKYU NAGE			
<u>70</u>	GYAKU HANMI KATATE DORI IKKYO OMOTE			
<u>71</u>	GYAKU HANMI KATATE DORI IKKYO URA			
<u>72</u>	GYAKU HANMI KATATE DORI NIKYO OMOTE			

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TEST 1 DAN

	<u>TACHI WAZA</u>	<u>OK</u>	<u>OK</u>	<u>Remarques</u>
<u>73</u>	GYAKU HANMI KATATE DORI NIKYO URA			
<u>74</u>	GYAKU HANMI KATATE DORI SANKYO OMOTE			
<u>75</u>	GYAKU HANMI KATATE DORI SANKYO URA			
<u>76</u>	GYAKU HANMI KATATE DORI YONKYO OMOTE			
<u>77</u>	GYAKU HANMI KATATE DORI YONKYO URA			
<u>78</u>	GYAKU HANMI KATATE DORI IRIMI NAGE OMOTE			
<u>79</u>	GYAKU HANMI KATATE DORI IRIMI NAGE URA			
<u>80</u>	GYAKU HANMI KATATE DORI KOTE GAESHI OMOTE			
<u>81</u>	GYAKU HANMI KATATE DORI KOTE GAESHI URA			
<u>82</u>	GYAKU HANMI KATATE DORI SHIHO NAGE OMOTE			
<u>83</u>	GYAKU HANMI KATATE DORI SHIHO NAGE URA			
<u>84</u>	GYAKU HANMI KATATE DORI TENCHI NAGE OMOTE			
<u>85</u>	GYAKU HANMI KATATE DORI TENCHI NAGE URA			
<u>86</u>	GYAKU HANMI KATATE DORI UDE KIME NAGE			
<u>87</u>	GYAKU HANMI KATATE DORI HIJI KIME OSAE			
<u>88</u>	GYAKU HANMI KATATE DORI UCHI KAITEN NAGE OMOTE			
<u>89</u>	GYAKU HANMI KATATE DORI UCHI KAITEN NAGE URA			
<u>90</u>	GYAKU HANMI KATATE DORI SOTO KAITEN NAGE OMOTE			
<u>91</u>	GYAKU HANMI KATATE DORI SOTO KAITEN NAGE URA			
<u>92</u>	GYAKU HANMI KATATE DORI SOTO KAITEN NIKYO OMOTE			
<u>93</u>	GYAKU HANMI KATATE DORI SOTO KAITEN NIKYO URA			
<u>94</u>	GYAKU HANMI KATATE DORI SOTO KAITEN SANKYO OMOTE			
<u>95</u>	GYAKU HANMI KATATE DORI SOTO KAITEN SANKYO URA			
<u>96</u>	GYAKU HANMI KATATE DORI KOSHI NAGE			
<u>97</u>	GYAKU HANMI KATATE DORI KOKYU NAGE			
<u>98</u>	KATA DORI IKKYO OMOTE			
<u>99</u>	KATA DORI IKKYO URA			
<u>100</u>	KATA DORI NIKYO OMOTE			
<u>101</u>	KATA DORI NIKYO URA			
<u>102</u>	RYOTE DORI TENCHI NAGE OMOTE			
<u>103</u>	RYOTE DORI TECNHI NAGE URA			
<u>104</u>	CHUDAN TSUKI IKKYO OMOTE			
<u>105</u>	CHUDAN TSUKI IKKYO URA			
<u>106</u>	CHUDAN TSUKI GOKYO OMOTE			
<u>107</u>	CHUDAN TSUKI GOKYO URA			
<u>108</u>	CHUDAN TSUKI IRIMI NAGE OMOTE			
<u>109</u>	CHUDAN TSUKI IRIMI NAGE URA			
<u>110</u>	CHUDAN TSUKI KOTE GAESHI OMOTE			

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TEST 1 DAN

<u>111</u>	CHUDAN TSUKI KOTE GAESHI URA			
	<u>TACHI WAZA</u>	OK	OK	Remarques
<u>112</u>	CHUDAN TSUKI HIJI KIME.OSAE			
<u>113</u>	CHUDAN TSUKI SOTO KAITEN NAGE OMOTE			
<u>114</u>	CHUDAN TSUKI SOTO KAITEN NAGE URA			
<u>115</u>	SHOMEN UCHI IKKYO OMOTE			
<u>116</u>	SHOMEN UCHI IKKYO URA			
<u>117</u>	SHOMEN UCHI NIKYO OMOTE			
<u>118</u>	SHOMEN UCHI NIKYO URA			
<u>119</u>	SHOMEN UCHI SANKYO OMOTE			
<u>120</u>	SHOMEN UCHI SANKYO URA			
<u>121</u>	SHOMEN UCHI YONKO OMOTE			
<u>122</u>	SHOMEN UCHI YONKYO URA			
<u>123</u>	SHOMEN UCHI GOKYO OMOTE			
<u>124</u>	SHOMEN UCHI GOKYO URA			
<u>125</u>	SHOMEN UCHI IRIMI NAGE OMOTE			
<u>126</u>	SHOMEN UCHI IRIMI NAGE URA			
<u>127</u>	SHOMEN UCHI KOTE GAESHI OMOTE			
<u>128</u>	SHOMEN UCHI KOTE GAESHI URA			
<u>129</u>	SHOMEN UCHI SHIHO NAGE OMOTE			
<u>130</u>	SHOMEN UCHI SHIHO NAGE URA			
<u>131</u>	USHIRO RYOTE DORI IKKYO OMOTE			
<u>132</u>	USHIRO RYOTE DORI IKKYO URA			
<u>133</u>	USHIRO RYOTE DORI NIKYO OMOTE			
<u>134</u>	USHIRO RYOTE DORI NIKYO URA			
	<u>RANDORI AVEC 3 PARTENAIRES</u>			
<u>135</u>	MAE RYO KATA DORI KOKYU NAGE			
<u>136</u>	MAE RYO KATA DORI JYU WAZA			
	<u>TANTO DORI</u>			
<u>137</u>	CHUDAN TSUKI IKKYO OMOTE			
<u>138</u>	CHUDANT TSUKI IKKYO URA			
<u>139</u>	CHUDAN TSUKI GOKYO OMOTE			
<u>140</u>	CHUDAN TSUKI GOKYO URA			
<u>141</u>	CHUDAN TSUKI IRIMI NAGE OMOTE			
<u>142</u>	CHUDAN TSUKI IRIMI NAGE URA			
<u>143</u>	CHUDAN TSUKI KOTE GAESHI OMOTE			
<u>144</u>	CHUDAN TSUKI KOTE GAESHI URA			
<u>145</u>	CHUDAN TSUKI HIJI KIME OSAE			
<u>146</u>	CHUDAN TSUKI JYU WAZA			

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TEST 1 DAN

		<u>OK</u>	OK	Remarques
	<u>JO DORI</u>			
<u>147</u>	CHUDAN TSUKI IKKYO OMOTE			
<u>148</u>	CHUDAN TSUKI IKKYO URA			
<u>149</u>	CHUDAN TSUKI SHIHO NAGE OMOTE			
<u>150</u>	CHUDAN TSUKI TENCHI NAGE			
<u>151</u>	CHUDAN TSUKI SUMI OTOSHI			
<u>152</u>	CHUDAN TSUKI KOKYU NAGE			
<u>153</u>	CHUDAN TSUKI JYU WAZA			
	<u>JO NAGE WAZA</u>			
<u>154</u>	CHUDAN TSUKI KOKYU NAGE			
<u>155</u>	CHUDAN TSUKI JYU WAZA			
<u>156</u>	AI HANMI KATATE DORI KOKYU NAGE			
<u>157</u>	AI HANMI KATATE DORI JYU AZA			
<u>158</u>	GYAKU HANMI KATATE DORI KOKYU NAGE			
<u>159</u>	GYAKU HANMI KATATE DORI JYU WAZA			
<u>160</u>	MOROTE DORI KOKYU NAGE			
<u>161</u>	MOROTE DORI JYU WAZA			
	<u>BUKKI DORI</u>			
<u>162</u>	BUKKI DORI KEN TAI KEN			
<u>163</u>	BUKKI DORI KEN TAI JO			
	<u>IAIDO</u>			
<u>164</u>	KATA ZNKR IPPON ME MAE			
<u>165</u>	KATA ZNKR NIHON ME USHIRO			
<u>166</u>	KATA ZNKR SANBON ME UKE NAGASHI			
<u>167</u>	KATA ZNKR YOHON ME TATE HIZA TSUKA ATE			
<u>168</u>	KATA ZNKR GOHON ME MOROTE TSUKI			
<u>169</u>	KATA MUSO JIKIDEN EISHIN RYU MAE			
<u>170</u>	KATA MUSO JIKIDEN EISHIN RYU HIDARI			
<u>171</u>	KATA MUSO JIKIDEN EISHIN RYU MIGI			
<u>172</u>	KATA MUSO JIKIDEN EISHIN RYU USHIRO			

TOTAL : /172

DECISION : **RECU** / **RECALE**

DATE DU PASSAGE :

EXAMINATEUR(S)

NOM PRENOM

NOM PRENOM

PARAPHE :

Inférieur à 90 = RECALE)

91 / 139 SATISFAISANT 140/160 BON 161 /171 TRES BON 172 /172 EXCELLENT