

## Kyu Programme Judo Club Echternach

### **5e kyu Jaune / Gelb**

De-Ashi-barai  
Osoto-gari  
Uki goshi  
Hiza guruma  
Sasae Tsuru komi ashi

Gesa Gatame  
Kusure Gesa gatame  
Makura Gatame  
Ushiro Gatame  
Kata Gatame  
Kusure-Kata-gatame

### **4e kyu Orange**

O-goshi  
Seoi-nage  
Ippon  
Eri  
Morote  
Ko-soto-gari  
O-ushi-gari  
Ko-ushi-gari

YokoShio Gatame  
Kusure Yoko-shio-gatame  
Kami-Shio-gatame  
Kusure-Kami-Shio-gatame  
Tate-Shio-gatame  
Kusure-Tate-Shio-gatame

### **3e kyu Verte / Gruen**

Tsuru-komi-goshi  
Okuri-ashi-barai  
Tai-otoshi  
Harai-goshi  
Uchi mata

Nami-juji-jime  
Gyaku-juji-jime  
Kata-juji-jime  
Okuri-eri-jime

Ude-garami  
Juji-gatame  
Hiza-gatame

### **2e kyu Bleue / Blau**

Ko-soto-gake  
Kata-guruma  
Ashi-guruma  
Hane-goshi  
Harai-tsuru-komi-ashi

Hadaka-jime  
Kata-ha-jime

Waki-gatame  
Hara-gatame

### **1er kyu Marron / Braun**

Yoko-otoshi  
Hani-maki-komi  
Utsuri-goshi  
O-guruma  
Soto-maki-komi  
Ushiro-goshi

Nage-no-kata (extraits)