

## PROGRESSION POUR LE KARATE

	KIHON WAZA	KATA	KATA KUMIWAZA	KATA BUNKAI	KUMITE
5 <sup>ème</sup> kyu	Kihon Waza Dai Ichi	Fukyu Gata Ichi Naihanchi Shodan	Fukyu Gata Ichi		
4 <sup>ème</sup> kyu	Kihon Waza Dai Ichi	Fukyu Gata Ni Pinan Shodan	Fukyu Gata Ni	Fukyu Gata Ichi	
3 <sup>ème</sup> kyu	Kihon Waza Dai Ni	Pinan Nidan Pinan Sandan	Pinan Shodan	Naihanshi Shodan	Dojo Kumite (3 fois 2mn)
2 <sup>ème</sup> kyu	Kihon Waza Dai Ni	Pinan Yodan Naihanchi Nidan	Pinan Sandan	Pinan Shodan	Dojo Kumite (3 fois 2mn)
1er Kyu	Kihon Waza Dai San	Pinan Godan Naihanchi Sandan	Pinan Godan	Pinan Sandan	Dojo Kumite (3 fois 2mn)

	KATA	KATA KUMIWAZA	KATA BUNKAI	DOJO KUMITE
1 <sup>er</sup> Dan	Pinan 1 - 2 - 3 - 4 - 5 Naihanshi Shodan Itosu Passai	Itosu Passai	Pinan Godan	3 x 2 min.
2 <sup>ème</sup> Dan	Naihanshi Nidan Itosu Passai Matsumura Passai	Matsumura Passai	Itosu Passai Bunkai Oyo Naihanshi Shodan	3 x 2 min.
3 <sup>ème</sup> Dan	Naihanshi Sandan Matsumura Passai Kushanku Sho	Kushanku Sho	Matsumura Passai	2 x 2 min.