

NOM & PRENOM : _____

GRADE POSTULE : _____

JUDO CLUB SAUJONNAIS
SAISON

DATE : _____

COURS :

Mardi 1 P.Judo Mercredi Vendredi 1 Vendredi 2

RECU : OUI NON

Si NON GRADE OBTENU : _____

OBSERVATIONS :

Bon UKE :

Les Noms :

Tonus :

Fluidité d'exécution :

| BLANCHES | | | JAUNES | | |
|----------|--------------------|------|--------|-------------------------|------|
| FTE | | GCHE | FTE | | GCHE |
| | O SOTO GARI | | | MOROTE SOEI NAGE | |
| | IPPON SOEI NAGE | | | TSURI KOMI GOSHI | |
| | HIZA GURUMA | | | KO UCHI GARI | |
| | DE ASHI BARAI | | | O UCHI GARI | |
| | O GOSHI | | | SASAE TSURI KOMI ASHI | |
| | UKI GOSHI | | | HARAI GOSHI | |
| | <u>SOL</u> | | | <u>SOL</u> | |
| | HON GESA GATAME | | | (KATA GATAME) | |
| | YOKO SHIO GATAME | | | KUSURE GESA GATAME | |
| | USHIRO GESA GATAME | | | KUSURE YOKO SHIO GATAME | |
| | KAMI SHIO GATAME | | | MAKURA GESA GATAME | |
| | TATE SHIO GATAME | | | KUSURE KAMI SHIO GATAME | |
| | | | | KUSURE TATE SHIO GATAME | |

| ORANGES | | | VERTES | | |
|---------|------------------|------|--------|--------------|------|
| FTE | | GCHE | FTE | | GCHE |
| | KOSHI GURUMA | | | TOMOE NAGE | |
| | TAI OTTOSHI | | | UKI OTTOSHI | |
| | KO SOTO GARI | | | KO SOTO GAKE | |
| | HANE GOSHI | | | ASHI GURUMA | |
| | UCHI MATA ASHI | | | KATA GURUMA | |
| | UCHI MATA GOSHI | | | | |
| | OKURI ASHI BARAI | | | | |

| ETRANGLEMENTS | | |
|---------------|--|-------------------|
| | | KATA HA JIME |
| | | KATA JUJI JIME |
| | | GAKU JUJI JIME |
| | | NAMI JUJI JIME |
| | | HADAKA JUJI JIME |
| | | SODE GURUMA |
| | | OKURI ERI JIME |
| | | SANGAKU JUJI JIME |
| | | MOROTE JUJI JIME |
| | | ASHI GATAME JIME |

| BLEUES | | | MARRONS | | |
|--------|--------------------------------|------|---------|---------------------------|------|
| FTE | | GCHE | FTE | | GCHE |
| | O GURUMA | | | YOKO OTOSHI | |
| | UKI WASA | | | UTSURI GOSHI | |
| | SOTO MAKI KOMI | | | YOKO GURUMA | |
| | O SOTO OTOSHI | | | USHIRO GOSHI | |
| | HARAI TSURI KOMI ASHI | | | TE GURUMA | |
| | (TANI OTTOSHI) | | | (YOKO WAKARE) | |
| | (MOROTE GARI) | | | (YOKO TOMOE NAGE) | |
| | (KOSHIKI DOESHI) | | | | |
| | NAGE NO KATA 1ère + 2ème SERIE | | | NAGE NO KATA les 3 SERIES | |

| CLEFS DE BRAS | | |
|---------------|--|------------------------|
| | | UDE GARAMI |
| | | UDE GATAME |
| | | HARA GATAME |
| | | WAKI GATAME |
| | | HIZA GATAME |
| | | UDE HIJIGI JUJI GATAME |

DIVERS

| | | | | | |
|------------------------|--|-----------------------|--|------------------------|--|
| Uke avance pied droit | | Esquive enchainement | | Chute avants droite | |
| Uke recule pied droit | | Contreprises | | Chute avant gauche | |
| Uke avance pied gauche | | Uke 4 Pattes | | Chute arrière | |
| Uke recule pied gauche | | | | | |
| Déplacement Latéral | | Uke Plat ventre | | Roulade avant | |
| | | | | Roulade arrière | |
| Mouvement à gauche | | Tori entre les jambes | | Principe Avant-Arrière | |
| | | Uke entre les Jambes | | Système de saisie | |