






# Mushin Karaté Do - Soignies

	Ceinture jaune 	Ceinture orange 	Ceinture verte 
<b>K</b> <b>i</b> <b>h</b> <b>o</b> <b>n</b>	Oi-tsuki Chudan Gedan-barai Age-uke Ude-uke Gedan-barai + Gyaku-tsuki Age-uke + Gyaku-tsuki Mae-geri	+ Gedan-barai + Age-uke + Gyaku Gedan-barai + Ura-ken + gyaku Sanren-tsuki Mawashi-geri	+ Uchi-ude-uke + Kizami-tsuki + Gyaku Shuto-uke (kk) + Nukite (zk) Sokuto-geri Mae-geri + Mawashi-geri
	<b>Gohon-Kumite</b>	<b>Sanbon-kumite</b>	<b>Ippon-kumite</b>
<b>K</b> <b>i</b> <b>h</b> <b>o</b> <b>n</b> <b>-</b> <b>K</b> <b>u</b> <b>m</b> <b>i</b> <b>t</b> <b>e</b>	<b>Tori :</b> Oi-tsuki Jodan (Zenkutsu-dachi) <b>Uke :</b> Age-uke + Gyaku-tsuki Chudan <b>Tori :</b> Oi-tsuki Chudan (Zenkutsu-dachi) <b>Uke :</b> Soto-ude-uke + Gyaku-tsuki	<b>Tori :</b> Oi-tsuki Jodan (Zenkutsu-dachi) <b>Uke :</b> Age-uke (Kokutsu-dachi) Mae-geri Keage Chudan <b>Tori :</b> Oi-tsuki Chudan <b>Uke :</b> Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi)	<b>Tori :</b> Oi-tsuki Jodan <b>Uke :</b> Esquive gauche + Age-uke (saisie+Sokuto(creux du genou)+ Amener au sol + Gyaku-tsuki <b>Tori :</b> Oi-tsuki Chudan <b>Uke :</b> Esquive gauche + Shuto(bras)+ Mawashi-geri Chudan+ Ushiro-mawashi-geri+ Byobu-daoshi(renverser le paravent) Technique de projection (Nage-waza)
<b>K</b> <b>a</b> <b>t</b> <b>a</b>	<b>Heian-shodan</b> <i>Heian-nidan</i>	<b>Heian-shodan</b> <b>Heian-nidan</b> <i>Heian-sandan</i>	<b>Heian-shodan</b> <b>Heian-nidan</b> <b>Heian-sandan</b> <i>Heian-yondan</i>



# Mushin Karaté Do - Soignies

	 <b>Ceinture bleue</b>	 <b>Ceinture marron</b>	<b>1er DAN</b> 
<b>K i h o n</b>	+ Mawashi-geri + Ushiro-geri Mae-geri + Gyaku-tsuki Yoko-geri Mae-geri + Mawashi + Gyaku Soto-ude-uke + Yoko-empi-uchi + Ura-ken Mae-te + Gyaku	Programme complet du SHODAN SHIKEN (voir 1er DAN)	<b>TSUKI</b> 1. Oi tsuki (Chudan) 2. San Ren Tsuki (Jodan-Chudan-Chudan) 3. Age Uke - Gyaku Tsuki (Chudan) 4. Uchi Ude Uke - Kizami Tsuki (Jodan) - Gyaku Tsuki (Chudan) 5. Soto-Ude-Uke (Zen Kutsu Dachi) - Yoko Empi Uchi (Kiba Dachi ) - Uraken Uchi (Jodan et revenir en Zen Kutsu Dachi) 6. Gedan Barai - Uraken Uchi (Jodan) - Gyaku Tsuki (Chudan) <b>GERI</b> 1. Mae Geri (Chudan) 2. Mawashi Geri (Chudan ou Jodan) 3. Yoko Geri Kekomi (Chudan en Kiba Dachi) 4. Mae Geri (Chudan) + - Mawashi Geri (Chudan ou Jodan) 5. Mawashi Geri (Chudan ou Jodan) + - Ushiro Geri (Chudan) 6. Mae Geri (Chudan) + - Yoko Geri Kekomi (Gedan , Chudan ou Jodan à 90°) 7. Shuto Uke (Chudan en Neko Ashi Dashi ou Kokutsu Dachi)+ - Jun Geri -Kizami Mae Geri (Chudan) + - Gyaku Nukite (Chudan en Zen Kutsu Dachi)
<b>K i h o n - K u m i t e</b>	<b>Ippon-kumite</b>	<b>Ippon-kumite</b>	
	Libre sur : Oi-tsuki Mae-geri Mawashi	Libre sur : Oi-tsuki Chudan Oi-tsuki Jodan Mawashi-geri Yoko-geri Ushiro-geri Mae-geri	
<b>K a t a</b>	<b>Heian-shodan</b> <b>Heian-nidan</b> <b>Heian-sandan</b> <b>Heian-yondan</b> <i>Heian-godan</i>	<b>Heian-shodan</b> <b>Heian-nidan</b> <b>Heian-sandan</b> <b>Heian-yondan</b> <b>Heian-godan</b> <i>Basai-dai</i>	<b>1 Kata Heian (imposé)</b> <b>1 Kata supérieur (au choix)</b>