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| Nom : | Prénom : | Age : |
| Grade actuel : Kyu | Depuis le : |  |

PASSAGE DE GRADE 7ème Kyu de KARATE ( Ceinture orange )

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| --- | --- | --- | --- | --- | --- | --- |
| Programme | | Insuffi. | Moyen | Bien | T.bien | Observations |
| SALUT | |  |  |  |  |  |
| POSTURE | |  |  |  |  |  |
| VITESSE | |  |  |  |  |  |
| KIME | |  |  |  |  |  |
| REGARD | |  |  |  |  |  |
| KIHON | Déplacements |  |  |  |  |  |
| Blocages |  |  |  |  |  |
| Coup de Poing |  |  |  |  |  |
| Coup de Pied |  |  |  |  |  |
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| **KATAS** | Taikyoku Shodan |  |  |  |  |  |
| Taikyoku Nidan |  |  |  |  |  |
| Taikyoku Sandan |  |  |  |  |  |
| Heian Shodan |  |  |  |  |  |
| Heian Nidan |  |  |  |  |  |
| Heian Sandan |  |  |  |  |  |
| Heian yondan |  |  |  |  |  |
| Heian Godan |  |  |  |  |  |
| Tekki Shodan |  |  |  |  |  |

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| RESULTAT : |  | Date : |  |