

SHORINJIRYU SHINDO

LES ÉCOLES BUDO KWAI

CURRICULUM

| Tachi waza (Positions) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|------------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Zenkutsu-dachi | * | | | | | | | | | | | |
| Naihanshin-dachi | | | | | | | | | | | | |
| Nekoashi-dachi | | | | | | | | | | | | |
| Ushiro-nekoashi-dachi | | | | | | | | | | | | |
| Musubi-dachi | | | | | | | | | | | | |
| Shizen-hontai-daichi | | | | | | | | | | | | |
| Sotobiraki-jigo-hontai-dachi | | | | | | | | | | | | |
| Shiko-dachi | | | | | | | | | | | | |
| Heiko/Yoko-dachi | | | | | | | | | | | | |
| Sokumen-dachi | | | | | | | | | | | | |
| Kokutsu-dachi | | | | | | | | | | | | |

| Hokko (Déplacements) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Zenshin-nekoashi-hokko | * | | | | | | | | | | | |
| Kotai-nekoashi-hokko | * | | | | | | | | | | | |

Migi/Hidari

| Tzuki-waza (Coups de poing) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-----------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Shomen-zuki | * | | | | | | | | | | | |
| Hineri-zuki | S | | | | | | | | | | | |
| Oi-zuki | | | | | | | | | | | | |
| Okuri-zuki | | | | | | | | | | | | |
| Age-zuki | | | | | | | | | | | | |
| Kage-zuki | | | | | | | | | | | | |
| Sokumen-zuki | | | | | | | | | | | | |
| Mawashi-zuki | | | | | | | | | | | | |

| Keri waza (Coups de pied) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|---------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Shomen-geri | * | | | | | | | | | | | |
| Hineri-geri | * | | | | | | | | | | | |
| Hineri-mawashi-geri | | | | | | | | | | | | |
| Yoko-geri | | | | | | | | | | | | |
| Ushiro-mawashi-geri | | | | | | | | | | | | |
| Oi-geri | | | | | | | | | | | | |
| Kagi-geri | | | | | | | | | | | | |
| Ushiro-kake-geri | | | | | | | | | | | | |
| Oi-mawashi-geri | | | | | | | | | | | | |
| Kakato-geri | | | | | | | | | | | | |
| Hiza-geri (age et yoko) | | | | | | | | | | | | |
| Mikazuki-geri | | | | | | | | | | | | |
| Ura-mawashi-geri | | | | | | | | | | | | |
| Ushiro-geri | | | | | | | | | | | | |

| Uchi-waza (Attaque) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Uraken-uchi | | | | | | | | | | | | |
| Ushiro-uraken-uchi | | | | | | | | | | | | |
| Kentsui-uchi | | | | | | | | | | | | |
| Yoko-mawashi-empi-uchi | | | | | | | | | | | | |
| Yoko-mawashi-shuto-uchi | | | | | | | | | | | | |
| Shotei-uchi | | | | | | | | | | | | |
| Gyaku-shuto-uchi | | | | | | | | | | | | |
| Haito-uchi | | | | | | | | | | | | |

| Kamae (Gardes) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|----------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Jodan-gamae | | | | | | | | | | | | |
| Chudan-gamae | | | | | | | | | | | | |
| Gedan-gamae | | | | | | | | | | | | |

| Uke-waza (Blocages) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|---------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Age-ude-uke | | | | | | | | | | | | |
| Soto-ude-uke | | | | | | | | | | | | |
| Uchi-ude-uke | | | | | | | | | | | | |

| Tobi-geri (Coup de pied sauté) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|---------------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Yoko-tobi-geri | | | | | | | | | | | | |
| Mae-tobi-geri | | | | | | | | | | | | |
| Hineri-tobi-mawashi-geri | | | | | | | | | | | | |
| Ushiro-tobi-mawashi-geri | | | | | | | | | | | | |
| Ushiro-tobi-mikatsuki-geri | | | | | | | | | | | | |
| Ushiro-kagi-tobi-geri | | | | | | | | | | | | |
| Kagi-tobi-geri | | | | | | | | | | | | |
| Oi-tobi-mawashi-geri | | | | | | | | | | | | |
| Ushiro-tobi-hineri-mawashi-geri | | | | | | | | | | | | |
| Mae-nidan-tobi-geri | | | | | | | | | | | | |

| Techniques de Judo | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|--------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| De-ashi-barai | S | S | S | D | D | D | D | D | D | D | D | D |
| O-soto-gari | | S | S | D | D | D | D | D | D | D | D | D |
| Ushiro-ukemi | * | | | | | | | | | | | |
| Yoko-ukemi | | | | | | | | | | | | |
| Mae-ukemi | | | | | | | | | | | | |

| Immobilisations | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|--------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Hon kesa-gatame | | | | | | | | | | | | |
| Kata-gatame | | | | | | | | | | | | |
| Yoko shiho-gatame | | | | | | | | | | | | |
| Kami shiho-gatame | | | | | | | | | | | | |
| Ushiro kesa-gatame | | | | | | | | | | | | |

| Ne waza (Combinaisons au sol) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire | |
|-------------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|---|
| | | | | | | | | 1 | 2 | 3 | 4 | 5 | 6 |

| Kaeshi-waza (Contre-attaque) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|------------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | | | | 2 | 4 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

| Pad | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|----------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Pad tzuki-waza | | | | 6 | 6 | 8 | 10 | 12 | 15 | 17 | 18 | 20 |
| Pad keri-waza | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

| Kihon | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | 2 | 3 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |

Avec partenaire

| Katas | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|----------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Naihanshin | | | | | | | | | | | | |
| Nijushiho | | | | | | | | | | | | |
| Happiken | | | | | | | | | | | | |
| Koshiki Kosoko | | | | | | | | | | | | |

| Katas d'armes | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|---------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Nunchaku | | | | | | | | | | | | |
| Bo | | | | | | | | | | | | |
| Kama | | | | | | | | | | | | |

| Kumite | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-----------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Renshu kumite ichi | | | | | | | | | | | | |
| Renshu kumite ni | | | | | | | | | | | | |
| Randori kumite go | | | | | | | | | | | | |
| Go-kyo-no-kumite-tzuki-waza | | | | | | | | | | | | |

| Goshin-jutsu (auto-défenses) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire | |
|------------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|---|
| Traditionnelles | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| Avancées | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| Couteau | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Pistolet | | | | | | | 1 | 2 | 3 | 3 | 3 | 3 | |

| Techniques sur bouclier | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | | | | | | | | | | | | |

Hineri-zuki, Hineri-geri, Uraken-uchi, Yoko-geri, Hineri-mawashi-geri

| Techniques sur bogu | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|---------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | | | | | | | | | | | | |

Hineri-zuki, Hineri-geri, Yoko-geri, Hineri-mawashi-geri

Départ coup de pied avant (4)

Timing punch: Hineri-zuki c. Hineri-mawashi-geri

Timing kick (4) c. Oi-zuki

3 techniques combinées

| Immobilisations (30s) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-----------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | | | | | | | | | | | | |

| Push-up/Sit-up | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|----------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 | 100 |

| Dojo-kun (adultes) | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|--------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| | | | | 1 | 2 | 3 | 4 | 5 | A | B | C | |
| Crédos (enfants) | | | | A | B | C | 1 | 2 | 3 | 4 | 5 | |

ABC: Crédos #: Dojo kun

| Compétitions | 2 blanche | 1 jaune | 2 jaune | 1 orange | 2 orange | 1 verte | 2 verte | 1 bleue | 2 bleue | 1 brune | 2 brune | noire |
|-------------------------------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|-------|
| Séminaires (Hanshi Michel L.) | | | | | | | | | | | | 3 |
| Travail écrit (Nb pages) | | | | | | | | | | | | 20 |

S: Statique (sans déplacement) D: Dynamique (en déplacement)
 *: Prérequis pour la 2e blanche