

# EXEMPLE D'INTERROGATION POUR EXAMENS DE SHODAN (1<sup>er</sup> DAN)

## SUWARIWAZA

SHOMEN UCHI

IKKYO  
NIKYO  
SANKYO  
YONKYO  
GOKYO  
IRIMINAGE  
KOTEGAESHI

## HANMIHANDACHIWAZA

KATATEDORI

IKKYO  
NIKYO  
SHIHONAGE  
UCHIKAITENNAGE  
IRIMINAGE  
KOTEGAESHI

## TACHIWAZA

KATADORI

IKKYO  
NIKYO

KATADORI MEN UCHI

IKKYO  
SHIHONAGE  
UDEKIMENAGE  
KOTEGAESHI

RYOTE DORI

TENCHINAGE  
KOSHINAGE

CHUDAN TSUKI

IRIMINAGE  
JIYUWAZA

YOKOMEN UCHI

IKKYO  
SHIHONAGE  
JIYUWAZA

## USHIROWAZA

RYOTE DORI

IKKYO  
IRIMINAGE  
SHIHONAGE  
KOTEGAESHI

## TANTO DORI

YOKOMEN UCHI

GOKYO  
JIYUWAZA

CHUDAN TSUKI

JIYUWAZA

## JO DORI

CHUDAN TSUKI

JIYUWAZA

JONAGEWAZA

JIYUWAZA

## FUTARI GAKE

RYOTE DORI

JIYUWAZA