

## KIONS

### **Enchaînements 2 techniques** (Choisir dans le tableau de progression)

Deux attaques	Poing / Poing ou	Pied / Pied
	Poing / Pied ou	Pied / Poing
	Parade / Poing ou	Parade / Pied

### **Enchaînements 3 techniques**

- (Yori ashi) Maete tsuki / (Tsugi ashi) Uraken / Gyaku tsuki
- (Yori ashi) Kisami tsuki / Mawashi geri (Tsugi ashi) / Gyaku tsuki
- (Ayumi ashi) Shuto uke / Gyaku tsuki / (Yori ashi) Maete tsuki
- Mae geri / Gedan barai / Gyaku tsuki
- Mae geri / Maete tsuki / Gyaku tsuki
- Mae geri / Gedan barai / Soto ude uke (Gyaku Hamni)
- Uraken / Gyaku tsuki / Maete tsuki
- Maete tsuki / Gyaku tsuki / Nagashi tsuki
- Shuto uke / Gyaku tsuki / Shuto uke
- Gyaku tsuki / Gyaku tsuki / Uraken
- Oi tsuki / Mawashi geri (Tsugi ashi) / Gyaku tsuki
- Age uke / Tetsui même bras / Gyaku Tsuki
- Soto ude uke / Uraken / Gyaku tsuki
- Mikatsuki geri / Yoko kekomi / Gyaku tsuki
- Oshiro geri / Gedan barai / Gyaku tsuki
- Gedan barai / Age uke / Gyaku tsuki
- Mawashi geri / Shuto uke / Gyaku tsuki
- Aïto bras AV (Hiki ashi) / De ashi barai JB AV / Gyaku tsuki
- Gedan barai / Gyaku tsuki / Maete
- Yoko geri (JB AV) / Gyaku tsuki / Yoko geri (JB AR)
- Enchaînement de 3 coups de poings ou 3 coups de pieds ou pieds et poings (sur 3 pas)

### **Enchaînements 4 techniques**

- Uramikatsuki / Gyaku tsuki / Age uke / Uraken
- Mawashi geri / Haishu uke (Hiki ashi) / Uraken (Hiki ashi) / Gyaku tsuki
- Yoko geri / Age uke / Gyaku tsuki / Shuto uke
- Soto ude uke / Kisami tsuki / Shuto uke / Gyaku tsuki
- Age uke / Gyaku tsuki / Shuto uke / Yonhon nukité
- Mawashi ou Kakato geri (reposer AR) / De ashi barai JB AV / Gyaku tsuki / Maete tsuki
- Gedan Barai / Gyaku Tsuki / Shuto Uke / Gyaku Tsuki
- Gedan Barai (Hiki ashi) / Age Uke / Uchi Uke / Gyaku Tsuki
- Kiba Dachi (Hiki ashi) Gedan Barai / Uchi Uke / Gedan Barai (Ayumi ashi) / Gyaku Tsuki
- Maete tsuki / Gyaku tsuki / Mae geri / Maete tsuki
- Maete tsuki / Yoko geri (Yori ashi) / Gyaku tsuki / Uramawashi JB AV
- Maete tsuki (Tsugi ashi) / Gyaku tsuki (Tsugi ashi) / Gyaku tsuki (Ayumi ashi) / Maete tsuki
- Oi tsuki / Uraken / Mawashi geri / Gyaku tsuki
- Oi tsuki / Shuto uke / Gedan barai / Gyaku tsuki
- Maete tsuki / Mae geri / Ushiro Uramawashi geri / Gyaku tsuki
- Maete tsuki / Gyaku tsuki / Oi tsuki / Gyaku tsuki
- Gyaku Tsuki / Mawashi Geri (Tsugi ashi), Ayumi ashi, Mawashi Geri (Tsugi ashi)/Gyaku Tsuki
- Shuto uke / Gedan barai/ Mawashi geri / Gyaku tsuki
- Mae geri / Mawashi geri / Gedan barai / Gyaku tsuki
- Mae geri / Gedan barai / Gyaku tsuki / Uraken

## Enchaînements 5 techniques

- Gedan barai / Shuto uchi / Soto ude uke / Mawashi geri / Gyaku tsuki
- Gyaku Tsuki/ Maete Tsuki / Oi Tsuki / Gyaku Tsuki / Uraken
- Shuto uke / Aïto / Shuto uke / Oshiro geri / Gyaku tsuki
- Mawashi (Tsugi ashi ) / Gedan Barai (Ayumi ashi) / Gyaku Tsuki / Uramawashi / Gyaku Tsuki
- Mawashi geri / Empi uke / Uraken Mawashi geri / Uraken / Gyaku tsuki
- Gedan Barai (Hiki ashi) / Gyaku Tsuki / Uramawashi Geri JB AR (reposer AR / Shuto Uke / Gyaku Tsuki

## Enchaînements 6 techniques

- Maete tsuki / Gyaku tsuki / Nagashi tsuki / Gyaku tsuki / Age uke / Uraken
- Maete tsuki / Mawashi Geri / Gyaku Tsuki, Ayumi ashi, Gyaku Tsuki / Mawashi Geri / Gyaku Tsuki

## Enchaînements divers

1. Maete tsuki / Gyaku tsuki / Mawashi geri / Gyaku tsuki / Uraken bras AV / Gyaku tsuki1/  
**Yori ashi** Kizami tsuki (Maete tsuki) Zenkutsu dachi / **Ayumi ashi** Sanbon tsuki Zenkutsu dachi
2. **Ayumi ashi** Ren tsuki (nidan tsuki) Godan – chudan Zenkuzu dachi / Hiki ashi Godan Age uke /  
maegeri **reposer derrière** / gyaku tsuki / **ayumi ashi** gyaku tsuki
3. **Ayumi ashi** Uchi ude uke / **Yori ashi** Kizami tsuki / Gyaku tsuki
4. **Hiki ashi** Shutto uke Kokutsu dachi Ushiro geri / Uraken / Gyaku tsuki
5. **Ayumi ashi** Maegeri / Nidan tsuki (Ren tsuki) Godan chudan
6. **Ayumi ashi** Maegeri / Mawashi geri même JB / Uraken / Gyaku tsuki
7. **Ayumi ashi** Maegeri / **Tsugi ashi** Mawashi geri même JB / Uraken / Gyaku tsuki
8. Mae Mawashi geri / Ura mawashi geri / Gyaku tsuki
9. Mae Mawashi geri / **Tsugi ashi** ura mawashi geri / Gyaku tsuki
10. Mae Mawashi geri / Ushiro geri / Gyaku tsuki
11. Mae Mawashi geri / **Tsugi ashi** Ushiro geri / Gyaku tsuki
12. Yoko geri keage kidadachi **Tsugi ashi** / Yoko geri kekomi avec rotation