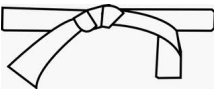

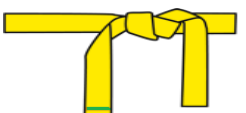
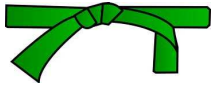

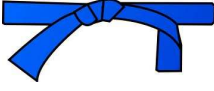








Progression grades adulte (dès 13 ans)

KEUP	CEINTURES		POUMSE A CONNAITRE
10	BLANCHE		
9	JAUNE		<u>POUMSE 1</u>
8	JAUNE 1 BARETTE VERTE		
7	VERTE		<u>POUMSE 3</u>
6	VERTE 1 BARETTE BLEUE		
5	BLEUE		<u>POUMSE 5</u>
4	BLEUE 1 BARETTE ROUGE		
3	ROUGE		<u>POUMSE 6</u>
2	ROUGE 1 BARETTE NOIRE		<u>POUMSE 7</u>
1	ROUGE 2 BARETTES NOIRE		<u>POUMSE 8</u>
IL-POUM	IL-POUM CLUB OU FEDERALE		<u>POUMSE 8 (dès 14 ans)</u>
1 ^{er} DAN	NOIRE CLUB OU FEDERALE		<u>POUMSE 8 (dès 16 ans)</u>