

Ceinture blanche - entraînement



| <i>Additions simples</i> | | | | | <i>Ajouter 9 ; 19 ; 29...</i> | | | | | <i>Soustractions simples</i> | | | | | <i>Enlever 9 ; 19 ; 29...</i> | | | | |
|---------------------------------|----|---|---|-------|-------------------------------|----|---|----|---|------------------------------|-------------------|---|---|---|-------------------------------|-------------------|---|----|-------|
| 1 | 6 | + | 9 | = | 1 | 23 | + | 9 | = | 1 | 10 | - | 7 | = | 1 | 23 | - | 9 | = |
| 2 | 8 | + | 4 | = | 2 | 17 | + | 19 | = | 2 | 28 | - | 8 | = | 2 | 35 | - | 9 | = |
| 3 | 7 | + | 6 | = | 3 | 26 | + | 9 | = | 3 | 13 | - | 4 | = | 3 | 51 | - | 19 | = |
| 4 | 6 | + | 8 | = | 4 | 33 | + | 19 | = | 4 | 9 | - | 5 | = | 4 | 40 | - | 29 | = |
| 5 | 7 | + | 7 | = | 5 | 41 | + | 39 | = | 5 | 13 | - | 5 | = | 5 | 21 | - | 9 | = |
| <i>Complément à 10 ; 100...</i> | | | | | <i>Les tables de 2/3/4/5</i> | | | | | <i>Le double de</i> | | | | | <i>Résumé</i> | | | | |
| 1 | 6 | + | | = 10 | 1 | 2 | × | 7 | = | 1 | Le double de 9 = | | | | 1 | 6 | + | 6 | = |
| 2 | 5 | + | | = 10 | 2 | 3 | × | 6 | = | 2 | Le double de 17 = | | | | 2 | 36 | + | 29 | = |
| 3 | | + | 2 | = 10 | 3 | 4 | × | 9 | = | 3 | Le double de 46 = | | | | 3 | 12 | - | 6 | = |
| 4 | 37 | + | | = 100 | 4 | 5 | × | 6 | = | 4 | Le double de 38 = | | | | 4 | 74 | + | | = 100 |
| 5 | 84 | + | | = 100 | 5 | 8 | × | 2 | = | 5 | Le double de 24 = | | | | 5 | Le double de 56 = | | | |
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Ceinture blanche - entraînement - correction



| <i>Additions simples</i> | | | | | <i>Ajouter 9 ; 19 ; 29...</i> | | | | | <i>Soustractions simples</i> | | | | | <i>Enlever 9 ; 19 ; 29...</i> | | | | |
|---------------------------------|----------|---|-----------|-------------|-------------------------------|----|---|----|-------------|------------------------------|-----------------------------|---|---|-------------|-------------------------------|------------------------------|---|-----------|-------------|
| 1 | 6 | + | 9 | = 15 | 1 | 23 | + | 9 | = 32 | 1 | 10 | - | 7 | = 3 | 1 | 23 | - | 9 | = 14 |
| 2 | 8 | + | 4 | = 12 | 2 | 17 | + | 19 | = 36 | 2 | 28 | - | 8 | = 20 | 2 | 35 | - | 9 | = 26 |
| 3 | 7 | + | 6 | = 13 | 3 | 26 | + | 9 | = 35 | 3 | 13 | - | 4 | = 9 | 3 | 51 | - | 19 | = 32 |
| 4 | 6 | + | 8 | = 14 | 4 | 33 | + | 19 | = 52 | 4 | 9 | - | 5 | = 4 | 4 | 40 | - | 29 | = 11 |
| 5 | 7 | + | 7 | = 14 | 5 | 41 | + | 39 | = 80 | 5 | 13 | - | 5 | = 8 | 5 | 21 | - | 9 | = 12 |
| <i>Complément à 10 ; 100...</i> | | | | | <i>Les tables de 2/3/4/5</i> | | | | | <i>Le double de</i> | | | | | <i>Résumé</i> | | | | |
| 1 | 6 | + | 4 | = 10 | 1 | 2 | × | 7 | = 14 | 1 | Le double de 9 = 18 | | | | 1 | 6 | + | 6 | = 12 |
| 2 | 5 | + | 5 | = 10 | 2 | 3 | × | 6 | = 18 | 2 | Le double de 17 = 34 | | | | 2 | 36 | + | 29 | = 65 |
| 3 | 8 | + | 2 | = 10 | 3 | 4 | × | 9 | = 36 | 3 | Le double de 46 = 92 | | | | 3 | 12 | - | 6 | = 6 |
| 4 | 37 | + | 63 | = 100 | 4 | 5 | × | 6 | = 30 | 4 | Le double de 38 = 76 | | | | 4 | 74 | + | 26 | = 100 |
| 5 | 84 | + | 16 | = 100 | 5 | 8 | × | 2 | = 16 | 5 | Le double de 24 = 48 | | | | 5 | Le double de 56 = 112 | | | |
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