

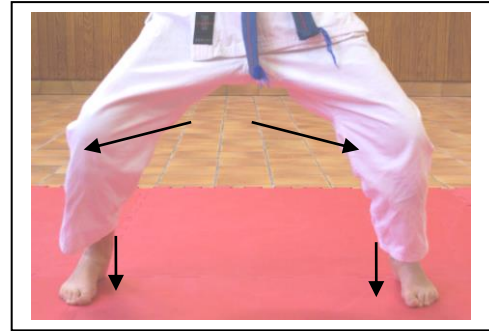
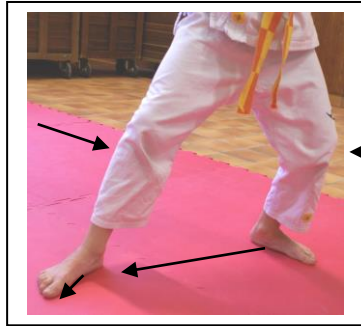
Programme passage de grade

Grade : 6^e Kyu Verte

➤ Positions « DACHI »



Kokutsu Dachi



Kiba Dachi
(Position du cavalier)

➤ Techniques « WAZA »



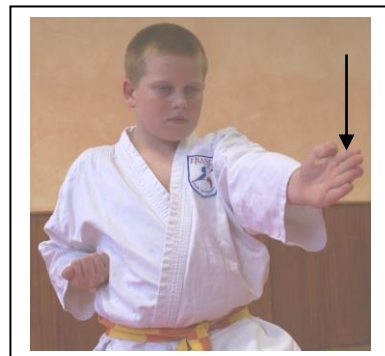
Shuto Uke



Tate Tsuki



Nukité



**Yoko Geri
Keage ou kelkomi**

- **Kata : Heian nidan + 3 phase bunkai**
- **Kumité : Kihon Ippon Kumité (1 attaques/1 défenses) (jodan et chudan zuki)**