

## Programme passage de grade

### 2<sup>ème</sup> kyu

### KIHON

#### 2nd Kyu

##### 【KIHON】 IDO KIHON Moving basics

1. JOUDAN JUNZUKI , CHUUDAN GYAKUZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE ,GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOUKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in ZENKUTSUDATI) (step in)

##### 【KATA】 TEKKI SHODAN

##### 【KUMITE】JIYUU IPPON KUMITE

(JODAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI,  
CHUUDAN YOKOGERI KEKOMI ,MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI