

Programme passage de grade

6^{ème} kyu

KIHON

6th Kyu

[KIHON] IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBADACHI, right and left) (step in)

[KATA] HEIAN NIDAN

[KUMITE] KIHON IPPON KUMITE

(JOUDAN JUNZUKI - right and left, CHUUDAN JUNZUKI - right and left)