



Programme passage de grade

1^{er} kyu

KIHON

1st Kyu

【KIHON】 IDO KIHON Moving basics

1. JOUDAN JUNZUKI , CHUUDAN GYAKUZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, YOKOENPI
(ZENKUTSUDACHI changing stance to KIBADACHI) (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (On the spot) , MAEGERI (step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)

【KATA】 BASSAI DAI

【KUMITE】JIYU IPPON KUMITE

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

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI