



Programme passage de grade

3^{ème} kyu

KIHON

3rd Kyu

【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. **SANBON RENZUKI** (step in)
3. JOUDAN AGEUKE, GYAKU ZUKI (step in)
4. CHUUDAN SOTOUKE, GYAKUZUKI (step back)
5. CHUUDAN UCHIUKE, GYAKU ZUKI (**as KOUKUTSUDACHI is**) (step in)
6. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step back)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKOGERI KEKOMI (**in ZENKUTSU DACHI**) (step in)

【KATA】 HEIAN GODAN

【KUMITE】**JIYUU IPPON KUMITE**

(JOUDAN JUNZUKI , CHUUDAN JUNZUKI , CHUDAN MAEGERI) – **right and left**