



## Programme passage de grade

4<sup>ème</sup> kyu

KIHON

### 4th Kyu

【KIHON】 IDO KIHON Moving basics

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

【KATA】 HEIAN YONDAN

【KUMITE】KIHON IPPON KUMITE

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