



Programme passage de grade

5^{ème} kyu

KIHON

5th Kyu

【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOUUKE (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 SANDAN

【KUMITE】KIHON IPPON KUMITE

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