



Programme passage de grade

10^{ème} kyu kari I, II, III

KIHON

10th Kyu

【KIHON】 In place basics in **HACHIJDACHI**

1. CHUUDAN CHOKUZUKI
 2. JOUDAN AGEUKE
 3. CHUUDAN SOTOUKE
 4. MAGERI (HEISOKU DACHI·GEDAN KAKIWAKE)
- * “GOREI” command (From right side in turn for each Waza)

9th Kyu

【KIHON】 In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

1. CHUUDAN JUNZUKI
 2. JOUDAN AGEUKE
 3. CHUUDAN SOTOUKE,
 4. KOKUTSU SHUTOU UKE
 5. MAGERI (**HEISOKUDACHI**, GEDAN KAKIWAKE)
- * “GOREI” command (From right side two action in turn for each WAZA) ←Is that 1 to 4