



Programme passage de grade

7^{ème} kyu

KIHON

7th Kyu

【KIHON】 IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in **HEISOKU DACHI**, right and left alternating)
8. YOKOGERI KEKOMI (in **HEISOKU DACHI**, right and left alternating)

【KATA】 HEIAN SHODAN

【KUMITE】GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)