



Programme passage de grade

8^{ème} kyu

KIHON

8th Kyu

【KIHON】 IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step in)
3. CHUUDAN SOTOUKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)

【KATA】 TAIKYOKU SHODAN

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