



## Passage de Grade - Programme

### Passage pour Ceinture jaune (Kyu 7)

#### 1. Kihon

##### 1.1 Dachi (Positions)

1. Heisoku Dachi
2. Musubi Dachi
3. Hachiji Dachi (Heiko Dachi, Yohi)
4. Hidari / Migi Gamae
5. Hidari / Migi Hanmi Gamae

##### 1.2 Unsoku (Deplacements)

1. Ayumi Ashi
2. Hiki Ashi

##### 1.3 Tsuki, Keri & Uchi Waza (Attaques)

1. Junzuki - Mawate Jodan Age Uke
2. Gyakuzuki - Mawate Gedan Barai
3. Maegeri
4. Surikomi Maegeri
5. Sokuto Fumikiri

##### 1.4 Uke Waza (Défenses)

1. Jodan Age Uke
2. Gedan Barai

#### 2. Renzoku Waza (Techniques combinées)

1. Chudan Maegeri – Gyakuzuki
2. Surikomi Chudan Maegeri – Gyaku Zuki
3. Surikomi Chudan Maegeri – Sokuto Fumikiri – Chudan Gyaku Zuki
4. Hiki Ashi Jodan Age Uke – Tetsui – Ayumi Ashi Jodan Junzuki – Chudan Gyakuzuki

#### 3. Kata

1. Pinan Nidan

#### 4. Yakusoku Kumité

##### 4.3 Sanbon Kumité

1. Chudan Uke Ipponme
2. Chudan Uke Nihonme