



BUJINKAN DOJO QUÉBEC IKKYU (1er kyu)

1. Hoko no kamae

2. Nawa nobori

3. Dakentaijutsu

Fu no kata

Hoko no kamae kihon gata ichi
Hoko no kamae kihon gata ni
Hoko no kamae kihon gata san
Hoko no kamae kihon gata yon
Hanebi
Yubi kudaki
Ketsu meyaku
Sakketsu
Kin Kudaki
Iei Ken

4. Kyusui iki

Nage Waza

- a) Iomoe nage
- b) Ichi nagare
- c) Yoko nagare
- d) Te Makura
- e) Kuruma

Nage Kata

- a) So Toh
- b) Ransetsu

5. Kyoketsu shoge kyuhō firi

Furigata

- a) Tenchi furi
- b) Yoko furi
- c) Hoppo furi
- d) Naka furi

6. Fu no rin ketsu-in