



BUJINKAN DOJO QUÉBEC NIKKYU (2ième kyu)

1. Kosei no kamae

2. Shiho tenkai

Zenpo tenkai
Uo tenkai
Koho tenkai
Sao tenkai

3. Dakentaijutsu

Hi no kata

Kosei no kamae kihon gata ichi
Kosei no kamae kihon gata ni
Kosei no kamae kihon gata san
Musan

Ura Kimon

Teki Kaeshi

Teki Kaeshi 1
Teki Kaeshi 2
Teki Kaeshi 3

Hida

Kappi

He hi

Shosetsu

Kimon

Nage Waza

Hara Igoshi

Gyaku nage

Uchi Mata

Hane goshi nage

Taki otoshi

Itami nage

Uchi nage

5. Shiho gatana kyuhe kiri

Kamae

1: Kongo no kamae

2: Daijodan no kamae

3: Hasso no kamae

4: Kocho no kamae

5: Ichi no kamae

6: Seigan no kamae

7: Jizurigedan no kamae

8: Gedan no kamae

9: Ryusui no kamae

6. Hin no rin ketsu-in