



BUJINKAN DOJO QUÉBEC YONKYU (4ième kyu)

1. HICHO NO KAMAE

2. SHINOBI IRI

Yoko Aruki
Nuki Ashi
Ko Ashi

3. CHI NO KATA

Kenkudaki
Kerikudaki
Oya goroshi
Ko goroshi
Ryote
Katate
Ketoh
Ho Teki
Ho Soku
Shato
Kakuhi
Batsugi
Te Hodoki
Tai Hodoki
Koshi Kudaki
Sukui Keri
Henka

Hicho no kamae kihon gata ichi
Hicho no kamae kihon gata ni
Hicho no kamae kihon gata san
Hicho no kamae kihon gata yon

4. SHIME WAZA

Hon Jime
Gyaku Jime
Itami Jime
Sankeku
Do Jime

5. SHURIKEN NAGE

Hira shuriken yoko nage
Bo shuriken tenchi nagare

6. CHI NI RIN KETSU-IN