



## **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) Iachi 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-Happo furi  
d-Naka furi

### **6. Fu no rin ketsu-in**