



BUJINKAN DOJO QUÉBEC SANKYU (3ième kyu)

1. Doko no kamae

2. Taihenjutsu

Shoten no jutsu
Ni noboru

3. Dakentaijutsu

Sui no kata

Doko no kamae kihon gata ichi
Doko no kamae kihon gata ni
Doko no kamae kihon gata san
Doko no kamae kihon gata yon
Kako
Ura nami
Kata Maki
Setsu Yaku
Jigoku Otoshi ou Ko-to
Hu ko (ichi)
Hu ko (ni)

4. Take ori

Omote take ori
Ura take ori
Ate nage

5. Rokushakubo kyu-ho uchi

Kamae

a-Hira no kamae
b-Seigan no kamae
c-Jodan no kamae
d-Gedan no kamae
e-Chudan no kamae
f-Tenchi no kamae

Kihon

a-Men (tento) uchi
b-Yoko men uchi
c-Do uchi
d-Ashi barai
e-Suso haneage
f-Kote uchi
g-Tsuki

6. Sui no rin ketsu-in