



BUJINKAN DOJO QUÉBEC NANAKYU (7ième KYU)

1. JUMONJI NO KAMAE

2. SHI-HO TEN-CHI TOBI

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|---------------|-------------|
| a. Zenpo tobi | d. Sao Tobi |
| b. Uo tobi | e. Ten |
| c. Koho Tobi | f. Chi |

3. DAKEN TAIJUTSU

- | | |
|-------------------------------------|--------------|
| a. Jumonji no kamae kihon kata ichi | f. Setto |
| b. Jumonji no kamae kihon kata ni | g. Saku Geki |
| c. Jumonji no kamae kihon kata san | h. Hicho |
| d. Jumonji no kamae kihon kata shi | i. Yokuto |
| e. Shi-Ho keru | j. Shito |

Hoken juropo uchi

- | | |
|------------|-----------|
| Kikaku ken | Shikanken |
| Shukiken | Koppoken |
| Fudoken | Happaken |
| Kitenken | Sokkiken |
| Shishinken | Sokuyaku |
| Shitanken | Sokugyaku |
| Shakoken | Taiken |
| Shitoken | Shizenken |

4. NAGE WAZA

- Ganseki nage
 - Ganseki otoshi
 - Ganseki osae
 - Ganseki ori
- Osoategake

5. TANTO KYU-HO KIRI

Kamae

- | | |
|------------------------|--------------------|
| a. Shizen no kamae | f. Gedan no kamae |
| b. Kage no kamae | g. Hira no kamae |
| c. Jumonji no kamae | h. Tenchi no kamae |
| d. Hachimonji no kamae | i. Morote no kamae |
| e. Seigan no kamae | j. Waki no kamae |

6. HI NO KATA KOKYU HO