

Wymagania egzaminacyjne na stopnie kyu

5 kyu / GOKYU (50 godzin treningów)

gyaku hanmi katate dori tachi waza

IKKYO

SHIHO NAGE

KAITEN NAGE (uchi, soto)

KOKYU HO

ai hanmi katate dori tachi waza

IKKYO

ryote dori suwari waza

KOKYU NAGE

kata dori (mune, sode) tachi waza

IKKYO

shomen uchi suwari waza, tachi waza

IKKYO

4 kyu / YONKYU (5 kyu + 80 godzin treningów)

gyaku hanmi katate dori tachi waza

NIKYO

SANKYO

KOTE GAESHI

IRIMI NAGE

KOKYU NAGE

aihanmi katate dori tachi waza

NIKYO

SANKYO

SHIHONAGE

KOTEGAESHI

IRIMINAGE

KAITENNAGE

ryote dori tachi waza

SHIHONAGE

TENCHINAGE

KOKYUNAGE

ryote dori hanmi handachi waza

SHIHONAGE

morote dori tachi waza

KOKYUNAGE

katadori (mune, sode) tachi waza

NIKYO

SANKYO

shomen uchi suwari waza, tachi waza

NIKYO

SANKYO

3 kyu / SANKYU (4 kyu + 100 godzin treningów)

gyaku hanmi katate dori tachi waza

SUMI OTOSHI

KOSHI NAGE

gyaku hanmi katate dori hanmi handachi waza

SHIHO NAGE

KAITEN NAGE

ai hanmi katate dori tachi waza

YONKYU

JUJI NAGE

SUMI OTOSHI

KOSHI NAGE

ryote dori tachi waza

KOTE GAESHI

IRIMI NAGE

KOSHI NAGE

morote dori tachi waza

IKKYO

NIKYO

IRIMI NAGE

kata dori (mune, sode) tachi waza

YONKYU

SHIHO NAGE

KOTE GAESHI

shomen uchi suwari waza, tachi waza

YONKYU

SHIHO NAGE

KOTE GAESHI

IRIMI NAGE

KAITEN NAGE

yokomen uchi suwari waza

KOKYU NAGE

yokomen uchi tachi waza

IKKYO

NIKYO

SANKYO

YONKYU

SHIHO NAGE

KOTE GAESHI

IRIMI NAGE

JUJI NAGE

tsuki tachi waza

IKKYO

NIKYO

SANKYO

KOTE GAESHI

ushiro ryote dori tachi waza

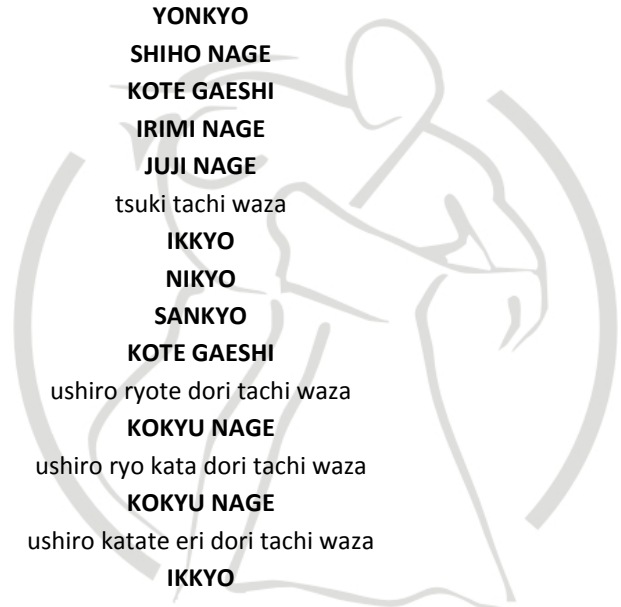
KOKYU NAGE

ushiro ryo kata dori tachi waza

KOKYU NAGE

ushiro katate eri dori tachi waza

IKKYO



2 kyu / NIKYU (3 kyu + 150 godzin):

gyaku hanmi katate dori hanmi handachi

UCHI KAITEN

kata gatame

SOTO KAITEN

kata gatame

KOKYU NAGE

ryote dori suwari waza

KOKYU HO

morote dori tachi waza

SANKYO

YONKYO

KOTE GAESHI

JUJI NAGE

kata dori (mune, sode) tachi waza

UCHI KAITEN

kata gatame

SOTO KAITEN

kata gatame

shomen uchi suwari waza

GOKYO

SUMI OTOSHI

tachi waza

KOSHI NAGE

yokomen uchi suwari waza

IKKYO

NIKYO

SANKYO

YONKYO

KOTE GAESHI

IRIMI NAGE

tsuki (chudan i jodan) tachi waza

YONKYO

GOKYO

IRIMI NAGE

SUMI OTOSHI

KOSHI NAGE

ushiro ryote dori tachi waza

IKKYO

NIKYO

SANKYO

YONKYO

ushiro ryo kata dori tachi waza

IKKYO

NIKYO

SANKYO

YONKYO

ushiro katate eri dori tachi waza

IRIMI NAGE

bokken i jo

SUBURI

1 kyu / ICHIKYU (2 kyu + 200 godzin):

gyaku hanmi katate dori tachi waza

KOKYU NAGE - różne wersje

ryote dori tachi waza

KOKYU NAGE - różne wersje

morote dori tachi waza

SHIHO NAGE

UDE GARAMI

kata dori (mune,sode) suwari waza / tachi waza

ROKKYO

KOKYU NAGE

shomen uchi hanmi handachi

KOTE GAESHI

IRIMI NAGE

KAITEN NAGE

yokomen uchi hanmi handachi

SHIHO NAGE

KOTE GAESHI

tsuki suwari waza

IKKYO

KOTE GAESHI

IRIMI NAGE

ushiro ryote dori tachi waza

SHIHO NAGE

KOTE GAESHI

IRIMI NAGE

KAITEN NAGE

JUJI NAGE

ushiro katate eri dori tachi waza

SHIHO NAGE

KOTE GAESHI

UDE GARAMI

bokken i jo

SUBURI

