

Wymagania egzaminacyjne na stopnie kyu

5 kyu (50 godzin):

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 (5 kyu + 80 godzin):

gyaku hanmi katate dori

tachi waza

NIKYO
SANKYO
KOTE GAESHI
IRIMI NAGE
KOKYU NAGE

ai hanmi katate dori

tachi waza

NIKYO
SANKYO
SHIHO NAGE
KOTE GAESHI
IRIMI NAGE
KAITEN NAGE

ryote dori

tachi waza

SHIHO NAGE
TENCHI NAGE
KOKYU NAGE

hanmi handachi

SHIHO NAGE

morote dori

tachi waza

KOKYU NAGE

kata dori (mune, sode)

tachi waza

NIKYO
SANKYO

shomen uchi

suwari waza

tachi waza

NIKYO
SANKYO

3 kyu (4 kyu + 100 godzin):

gyaku hanmi katate dori

tachi waza

SUMI OTOSHI
KOSHI NAGE

hanmi handachi

SHIHO NAGE
KAITEN NAGE

ai hanmi katate dori

tachi waza

YONKYO
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

YONKYO
SHIHO NAGE
KOTE GAESHI

shomen uchi

suwari waza

tachi waza

YONKYO
SHIHO NAGE
KOTE GAESHI
IRIMI NAGE
KAITEN NAGE

yokomen uchi

suwari waza

KOKYU NAGE

tachi waza

IKKYO
NIKYO
SANKYO
YONKYO
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 (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

tachi waza

chudan i jodan

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 (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

