

Wymagania egzaminacyjne od 14 lat

9 Kyu - pas biały

KIHON

1. oi-zuki
2. age-uke
3. soto-uke
4. uchi-uke
5. gedan barai
6. mae-geri

KATA

taykyoku shodan

KUMITE

gohon- kumite

8 Kyu - pas żółty

KIHON

1. oi-zuki
2. age-uke/gyaku-zuki
3. soto-uke/gyaku-zuki
4. uchi-uke/gyaku-zuki
5. shuto-uke
6. gedan-barai/gyaku-zuki
7. mae-geri
8. yoko-geri-keage
9. yoko-geri-kekomi

KATA

heian shodan

KUMITE

gohon kumite

7 Kyu - pas pomarańczowy

KIHON

1. oi-zuki
2. age-uke/gyaku-zuki
3. uchi-uke/kizami-zuki/gyaku-zuki
4. soto-uke/gyaku-zuki
5. shuto-uke/gyaku-nukite
6. mae-geri
7. mae-ren-geri (chudan-jodan)
8. yoko-geri-keage
9. yoko-geri-kekomi
10. mawashi-geri
11. uraken-uchi

KATA

heian nidan
KUMITE
gohon kumite

6 Kyu - pas zielony

KIHON

1. sanbon-zuki
2. age-uke/gyaku-zuki
3. uchi-uke/kizami-zuki/gyaku-zuki
4. soto-uke/kizami-uraken-uchi/gyaku-zuki
5. shuto-uke/kizami-mae-geri/gyaku-nukite
6. shuto-uchi
7. yoko-empi-uchi
8. mae-geri
9. mae-ren-geri
10. yoko-geri-keage
11. yoko-geri-kekomi
12. mawashi-geri
13. ura-mawashi-geri
14. shiho-gyaku-zuki

KATA

heian sandan

KUMITE

5 Kyu - pas niebieski

KIHON

1. sanbon-zuki
2. age-uke/gyaku-zuki
3. uchi-uke/gyaku-empi-uchi
4. soto-uke/yoko-empi-uchi/gyaku-zuki
5. shuto-uke/kizami-mae-geri/gyaku-zuki
6. haito-uchi
7. mae-geri
8. kizami-mae-geri/mae-geri
9. yoko-geri-keage
10. yoko-geri-kekomi
11. mawashi-geri
12. ura-mawashi-geri
13. ushiro-geri
14. mae-geri/mawashi-geri
15. shiho-uraken-uchi

KATA

heian yodan

KUMITE

kihon-ippou-kumite

4 Kyu - pas niebieski

KIHON

1. sanbon-zuki
2. age-uke/gyaku-zuki/kizami-zuki
3. uchi-uke/kizami-zuki/gyaku-zuki
4. soto-uke/yoko-empi-uchi/uraken-uchi
5. shuto-uke/kizami-mae-geri/gyaku-nukite
6. mawashi-shuto-uchi/ gyaku-haito-uchi
7. mae-geri
8. yoko-geri-keage
9. yoko-geri-kekomi
10. mawashi-geri
11. ura-mawashi-geri
12. ushiro-geri
13. mawashi-geri/ushiro-geri
14. shiho-gyaku-zuki
15. shiho-empi-uchi

KATA

heian godan

KUMITE

kihon-ippon-kumite

3 Kyu - pas brązowy

KIHON

1. sanbon-zuki
2. age-uke/gyaku-zuki/age-empi-uchi
3. uchi-uke/kizami-zuki/gyaku-zuki
4. soto-uke/yoko-empi-uchi/uraken-uchi
5. shuto-uke/kizami-mae-geri/gyaku-nukite/uraken-uchi/gyaku-empi-uchi
6. sanbon-mae-geri
7. yoko-geri-keage/kekomi- tą samą nogą
8. mawashi-geri/yoko-geri-kekomi- tą samą nogą
9. ura-mawashi-geri
10. ushiro-geri
11. shiho-gyaku-zuki
12. shiho-uchi
13. shiho-geri

KATA

tekki-shodan

KUMITE

jiyu-ippon-kumite

2 Kyu - pas brązowy

KIHON

1. sanbon-zuki
2. age-uke/gyaku-zuki/kizami-zuki
3. uchi-uke/gyaku-empi-uchi/kizami-uraken-uchi
4. shuto-uke/kizami-mae-geri/gyaku-nukite/kizami-uraken-uchi/gyaku-empi-uchi
5. sanbon-mae-geri
6. kizami-mawashi-geri/mawashi-geri
7. ura-mawashi-geri/mawashi-geri/yoko-geri-keage(tą samą nogą)
8. ushiro-geri/mawashi-geri(tą samą nogą)
9. yoko-geri-kekomi/uraken-uchi/gyaku-zuki
10. shiho-uchi
11. shiho-geri

KATA

bassai dai

KUMITE

jiyu-ippou-kumite

1 Kyu - pas brązowy

KIHON

1. oi-zuki (do przodu i do tyłu)
2. sanbon-zuki (do przodu i do tyłu)
3. tokui-waza
4. mae-geri chudan-jodan (ta sama noga)
5. sanbon-mae-geri
6. yoko-geri-keage-kekomi (kiba-dachi-z przejściem)
7. mawashi-geri (chudan-jodan- ta sama noga)
8. ura-mawashi-chudan-jodan
9. ushiro-geri-chudan-jodan
10. mae-geri/yoko-geri/mawashi-geri/ushiro-geri/ura mawashi-geri
11. shuto-uchi i haito-uchi
12. shiho-geri

KATA

kanku-dai, empi, jion, hangetsu (1 do wyboru)

KUMITE

jiyu-ippou-kumite (kontr. uchi lub geri, jiyu-kumite)