



# WYMAGANIA EGZAMINACYJNE NA STOPNIE UCZNIOWSKIE

## 9 - KYU - PAS BIAŁY

### KIHON:

- 1 Oi-zuki-ZKD
- 2 Age-uke-ZKD
- 3 Soto-uke-ZKD
- 4 Uchi-uke-ZKD
- 5 Gedan-barai-ZKD
- 6 Mae-geri-ZKD

### KATA:

- 1 Taikyoku-Shodan+Bunkai kata

### KUMITE:

- 1 Gohon-kumite

## 8 - KYU - PAS ŻÓŁTY

### KIHON:

- 1 Oi-zuki-ZKD
- 2 Age-uke/gyaku-zuki-ZKD
- 3 Soto-uke/gyaku-zuki-ZKD
- 4 Uchi-uke/gyaku-zuki-ZKD
- 5 Gedan-barai/gyaku-zuki-ZKD
- 6 Shuto-uke-KKD
- 7 Mae-geri-ZKD
- 8 Yoko-geri-keage-KD
- 9 Yoko-geri-kekomi-KD

### KATA:

- 1 Heian-Shodan+Bunkai kata

### KUMITE:

- 1 Gohon-kumite

## 7 - KYU - PAS POMARAŃCZOWY

### KIHON:

- 1 Oi-zuki-ZKD
- 2 Age-uke/gyaku-zuki-ZKD
- 3 Soto-uke/gyaku-zuki-ZKD
- 4 Uchi-uke/kizami-zuki/gyaku-zuki-ZKD
- 5 Shuto-uke/gyaku-nukite/KKD-ZKD
- 6 Uraken-uchi-ZKD
- 7 Mae-geri-ZKD
- 8 Mae-ren-geri/chudan-jodan (z międzykrokiem)-do ZKD
- 9 Yoko-geri-keage-KD
- 10 Yoko-geri-kekomi-KD
- 11 Mawashi-geri-ZKD

### KATA:

- 1 Heian-Nidan+Bunkai kata

### KUMITE:

- 1 Gohon-kumite

## 6 - KYU - PAS ZIELONY

### KIHON:

- 1 Sanbon-zuki-ZKD
- 2 Age-uke/gyaku-zuki-ZKD
- 3 Uchi-uke/kizami-zuki/gyaku-zuki-ZKD
- 4 Soto-uke/kizami-uraken-uchi/gyaku-zuki-ZKD
- 5 Shuto-uke/kizami-mae-geri/gyaku-nukite/KKD-ZKD
- 6 Shuto-uchi-ZKD
- 7 Yoko-empi-uchi/KD
- 8 Mae-geri-ZKD
- 9 Mae-ren-geri/chudan-jodan (z międzykrokiem)-do ZKD
- 10 Yoko-geri-keage-ZKD
- 11 Yoko-geri-kekomi-ZKD
- 12 Mawashi-geri-ZKD
- 13 Ura-mawashi-geri-ZKD
- 14 Shiho-gyaku-zuki-ZKD+Bunkai

### KATA:

- 1 Heian-Sandan+Bunkai kata

### KUMITE:

- 1 Kihon-ippon-kumite

## 5 - KYU - PAS NIEBIESKI

### KIHON:

- 1 Sanbon-zuki-ZKD
- 2 Age-uke/gyaku-zuki-ZKD
- 3 Uchi-uke/gyaku-empi-uchi-ZKD
- 4 Soto-uke/yoko-empi-uchi/gyaku-zuki ZKD/KD/ZKD
- 5 Shuto-uke/kizami-mae-geri/gyaku-zuki/KKD-ZKD
- 6 Haito-uchi-ZKD
- 7 Mae-geri-ZKD
- 8 Kizami-mae-geri/mae-geri-ZKD
- 9 Yoko-geri-keage-ZKD
- 10 Yoko-geri-kekomi-ZKD
- 11 Mawashi-geri-ZKD
- 12 Ura-mawashi-geri-ZKD
- 13 Ushiro-geri-ZKD
- 14 Mae-geri/mawashi-geri (z międzykrokiem)-do ZKD
- 15 Shiho-uraken-uchi-ZKD+Bunkai

### KATA:

- 1 Heian-Yodan+Bunkai kata

### KUMITE:

- 1 Kihon-ippon-kumite

## 4 - KYU - PAS GRANATOWY

### KIHON:

- 1 Sanbon-zuki-ZKD
- 2 Age-uke/gyaku-zuki/age-empi-uchi-ZKD
- 3 Uchi-uke/kizami-zuki/gyaku-zuki-ZKD
- 4 Soto-uke/yoko-empi-uchi/uraken-uchi ZKD/KD/ZKD
- 5 Shuto-uke/kizami-mae-geri/gyaku-nukite/KKD-ZKD
- 6 Mawashi-shuto-uchi/gyaku-haito-uchi-ZKD
- 7 Mae-geri-ZKD
- 8 Yoko-geri-keage-ZKD
- 9 Yoko-geri-kekomi-ZKD
- 10 Mawashi-geri-ZKD
- 11 Ura-mawashi-geri-ZKD
- 12 Ushiro-geri-ZKD
- 13 Mawashi-geri/ushiro-geri (z międzykrokiem)-do ZKD
- 14 Shiho-gyaku-zuki-ZKD+Bunkai
- 15 Shiho-empi-uchi-ZKD+Bunkai

### KATA:

- 1 Heian-Godan+Bunkai kata

### KUMITE:

- 1 Kihon-ippon-kumite (kontratak-uchi lub geri)

## 3,2,1 - KYU - PAS BRAZOWY

### KIHON:

- 1. Kizami zuki
- 2. Gyaku zuki
- 3. Kizami zuki / gyaku zuki
- 4. Kizami zuki / gyaku zuki / mae geri
- 5. Kizami zuki / gyaku zuki / mawashi geri / uraken uchi / gyaku zuki
- 6. Sanbon zuki
- 7. Soto uke / yoko empi uchi / uraken uchi / gyaku zuki
- 8. Uchi uke / kizami zuki / gyaku zuki / age empi uchi / gyaku empi uchi
- 9. Shuto uke / kizami mae geri / gyaku nukite / uraken uchi / gyaku empi uchi
- 10. Sanbon mae geri
- 11. Kizami mawashi geri / mawashi geri
- 12. Kizami mae geri / ushiro geri
- 13. Mawashi geri / ushiro ura mawashi geri
- 14. Kizami yoko geri keage / yoko geri kekomi / uraken uchi / gyaku zuki

### KATA:

- 3 kyu Tekki shodan + bunkai
- 2 kyu Bassai Dai + bunkai
- 1 kyu (jedno z kata Kanku dai , Jion , Enpi , Hangetsu ) + bunkai

### KUMITE:

- 1 Jiyu-ippou-kumite
- 2 Jiyu-kumite