

SHOTOKAN RYU KASE HA KARATE DO

WYMAGANIA EGZAMINACYJNE 9-1 KYU

4 Kyu (pas niebieski)

Ten-No-Kata (omote)

Kihon

(wszystkie techniki po Gedan-Barai i Kiai)

(chudan Kamae nr 2,4,6,8,10)

- 1.ZKD p p Sanbon-Zuki
- 2.ZKD p Oi-Zuki jodan/Zugi-Ashi Gyaku-Zuki chudan
- 3.ZKD t Age-Uke/Mae-Geri w miejscu/Gyaku-Zuki chudan
- 4.ZKD p Yori-Ashi Kizami-Zuki jodan/Zugi-Ashi Gyaku-Zuki chudan
- 5.ZKD t Soto-Ude-Uke//KD Yoko-Empi-Uchi//ZKD Uraken-Uchi/Gyaku-Zuki chudan
- 6.ZKD p Yori-Ashi Gyaku-Zuki jodan/Kai-Ashi Gyaku-Zuki chudan
- 7.KKD t Morote-Uchi-Ude-Uke//ZKD Kizami-Zuki jodan/Gyaku-Zuki chudan
- 8.FD p Mae-Geri chudan/Mawashi-Geri jodan
- 9.KKD t Shuto-Uke/Mae-Ashi-Geri/ZKD Gyaku-Tate-Nukite chudan
- 10.FD p p Ushiro-Geri chudan
- 11.KD p p Yoko-Geri-keage //Zugi-Ashi Yoko-Geri kekomi

Kata

Heian Godan, Heian Yondan Ura Kata

Kumite

Kaeshi Ippon Kumite

(lewa i prawa strona)

Tori

Uke

chudan Gyaku Kamae

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|----|--|------------------------------|
| 1. | Oi-Zuki jodan
Soto-Ude-Uke/Gyaku-Zuki | Age-Uke/Oi-Zuki chudan |
| 2. | Oi-Zuki chudan
Nagashi-Uke/Gyaku-Zuki | Soto-Ude-Uke/Mae-Geri chudan |
| 3. | Mae-Geri-chudan
Age-Uke/Gyaku-Zuki chudan | Gedan-Barai/Oi-Zuki jodan |

Wszystkie techniki wykonane z kime, ostatnia z kiai(dotyczy Tori i Uke)