

# SHOTOKAN RYU KASE HA KARATE DO

## WYMAGANIA EGZAMINACYJNE 9-1 KYU

### 5 Kyu (pas niebieski)

Ten-No-Kata ( omote )

#### **Kihon**

(wszystkie techniki po Gedan-Barai i Kiai)

- 1.ZKD p p 5x Oi-Zuki jodan
- 2.ZKD p 5x Zugi-Ashi Gyaku-Zuki chudan (chudan Kamae)
- 3.ZKD t 5x Age-Uke//Tate-Zuki chudan/Gyaku-Zuki chudan
- 4.ZKD p 5x Soto-Ude-Uke//KD Yoko-Empi-Uchi// Uraken-Uchi/Gyaku-Zuki chudan
- 5.KKD t 5x Morote-Uchi-Ude-Uke//ZKD Kizami-Zuki jodan/Gyaku-Zuki chudan
- 6.ZKD p 5x Gedan-Barai//Uraken-Uchi/Gyaku-Zuki chudan
- 7.KKD t 5x Gedan-Nagashi-Uke//ZKD/Uraken-Uchi/ Gyaku-Zuki chudan
- 8.FD p 3x Mae-Geri chudan /Oi-Zuki jodan (8,9,10 chudan kamae )
- 9.KD p 3x Yoko-Geri-keage //Zugi-Ashi Yoko-Geri kekomi
- 10.FD p 3x Mawashi-Geri /Gyaku-Zuki chudan

#### **Kata**

Heian Yondan, Heian Sandan Ura Kata

#### **Kumite**

#### **Kihon Ippon Kumite**

##### **Tori**

##### **Uke**

ZKD Gedan-Barai  
FD chudan Kamae

SHIZEN TAI do ZKD,KKD,KD

- |                     |                                      |
|---------------------|--------------------------------------|
| 1. Oi-Zuki jodan    | Age-Uke/Gyaku-Zuki chudan            |
| 2. Oi-Zuki chudan   | Soto-Ude-Uke/ Gyaku-Zuki chudan      |
| 3. Oi-Zuki chudan   | Uchi-Ude-Uke/ Gyaku-Zuki chudan      |
| 4. Mae-Geri chudan  | Gedan-Barai/Gyaku-Zuki chudan        |
| 5. Mae-Geri chudan  | Gedan- Nagashi-Uke/Gyaku-Zuki chudan |
| 6. Yoko-Geri chudan | Soto-Ude-Uke/Gyaku-Zuki chudan       |

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