

# SHOTOKAN RYU KASE HA KARATE DO

## WYMAGANIA EGZAMINACYJNE 9-1 KYU

### 6 Kyu (pas zielony)

Ten-No-Kata ( omote )

#### **Kihon**

(wszystkie techniki po Gedan-Barai i Kiai)

- 1.ZKD p p 3x Oi-Zuki /Ren-Zuki//Sanbon-Zuki
- 2.ZKD p 5x Age-Uke/Gyaku-Zuki chudan
- 3.ZKD t 5x Soto-Ude-Uke//Yoko-Zuki/Gyaku-Zuki chudan
- 4.ZKD p 5x Uchi-Ude-Uke/Gyaku-Zuki chudan
- 5.ZKD t 5x Gedan-Barai//Uraken-Uchi/Gyaku-Zuki chudan
- 6.KKD p t 5x Shuto-Uke/ZKD Gyaku-Nukite chudan
- 7.ZKD p 3x Mae-Geri chudan (z chudan kamae )
- 8.KKD t 3x Gedan-Nagashi-Uke/ZKD Gyaku-Zuki chudan
- 9.KD p 3x Yoko-Geri-keage chudan
- 10.KD p 3x Yoko-Geri-kekomi chudan
- 11.FD p 3x Mawashi-Geri chudan

#### **Kata**

Heian Sandan, Heian Nidan Ura Kata

#### **Kumite**

Sanbon Kumite Ai Kamae

#### **Tori**

ZKD Gedan-Barai

#### **Uke**

SHIZENTAI do ZKD

1. p Oi-Zuki jodan 3x t Age-Uke po 3 bloku Gyaku-Zuki chudan
2. p Oi-Zuki chudan 3x t Soto-Ude-Uke po 3 bloku Gyaku-Zuki chudan
3. p Oi-Zuki chudan 3x t Uchi-Ude-Uke po 3 bloku Gyaku-Zuki chudan
3. p Oi-Zuki jodan/Oi-Zuki chudan/Mae-Geri t Age-Uke/Soto-Ude-Uke/Nagashi-Uke/Gyaku-Zuki
4. p Oi-Zuki jodan/Oi-Zuki chudan/Mae-Geri t Age-Uke/Uchi-Ude-Uke//Gyaku-Gedan-Barai//Uraken-Uchi/Gyaku-Zuki

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