

SHOTOKAN RYU KASE HA KARATE DO

WYMAGANIA EGZAMINACYJNE 9-1 KYU

7 Kyu (pas pomarańczowy)

Ten-No-Kata (omote)

Kihon

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

Kata

Heian Nidan, Heian Shodan Ura Kata

Kumite

Sanbon Kumite Ai Kamae

Tori

ZKD Gedan-Barai

1. p Oi-Zuki jodan 3x

2. p Oi-Zuki chudan 3x

3. p Oi-Zuki jodan/Oi-Zuki chudan/Mae-Geri

Uke

SHIZENTAI do ZKD

t Age-Uke po 3 bloku Gyaku-Zuki chudan

t Soto-Ude-Uke po 3 bloku Gyaku-Zuki chudan

t Age-Uke/Soto-Ude-Uke/Nagashi-Uke/Gyaku-Zuki

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