

SHOTOKAN RYU KASE HA KARATE DO

WYMAGANIA EGZAMINACYJNE 9-1 KYU

DZIECI DO LAT 12

8.1. Kyu (pas żółty 1 pomarańczowa belka)

Ten-No-Kata (omote)

Kihon

- 1.ZKD p 5x Oi-Zuki chudan
- 2.ZKD p 5x Sanbon-Zuki
- 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 chudan (z chudan kamae p.l.str.)
- 9.ZKD p 5x Mae-Geri jodan
- 10.KD p 5x Yoko-Geri-keage chudan
- 11.KD p 5x Yoko-Geri-kekomi chudan

Kata

Heian Shodan , Taikyoku Shodan Ura Kata

Kumite

Ten-No-Kata (ura)

Tori

ZKD Gedan-Barai

1. p Oi-Zuki chudan
2. p Oi-Zuki chudan
3. p Oi-Zuki chudan
4. p Oi-Zuki jodan
5. p Oi-Zuki jodan
6. p Oi-Zuki jodan

Uke

SHIZENTAI do ZKD/KD/KKD

- t Gedan-Barai / Gyaku-Zuki chudan
- t Uchi-Ude-Uke / Gyaku-Zuki chudan
- t Shuto-Uke / Gyaku-Nukite chudan
- t Shuto-Barai / Gyaku-Zuki chudan
- t Age-Uke / Gyaku-Zuki chudan
- t Soto-Ude-Uke / Gyaku-Zuki chudan