

SHOTOKAN RYU KASE HA KARATE DO

WYMAGANIA EGZAMINACYJNE 9-1 KYU

8 Kyu (pas żółty)

Ten-No-Kata (omote)

- 1.ZKD p Oi-Zuki chudan z pozycji SHIZENTAI (p.l.str. kime , kiai)
- 2.ZKD p Oi-Zuki jodan
- 3.ZKD p Gyaku-Zuki chudan
- 4.ZKD p Gyaku-Zuki jodan
- 5.ZKD t Gedan-Barai / Gyaku-Zuki chudan (l.p.str.)
- 6.ZKD t Uchi-Ude-Uke / Gyaku-Zuki chudan
- 7.KKD t Shuto-Uke / Gyaku-Nukite chudan
- 8.KKD t Shuto-Barai /Gyaku-zuki jodan
- 9.ZKD t Age-Uke / Gyaku-Zuki chudan
- 10.ZKD t Soto-Ude-Uke jodan / Gyaku-Zuki chudan

Kihon

- 11.ZKD p 5x Mae-Geri chudan (z chudan kamae p.l.str.)
- 12.ZKD p 5x Mae-Geri jodan
- 13.KD p 5x Yoko-Geri-keage chudan
- 14.KD p 5x Yoko-Geri-kekomi chudan

Kata

Heian Shodan

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