

# SHOTOKAN RYU KASE HA KARATE DO

## WYMAGANIA EGZAMINACYJNE 9-1 KYU

### DZIECI DO LAT 12

#### 9.1. Kyu (pas biały z żółtą belką)

##### **Kihon**

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.ZKD t Age-Uke / Gyaku-Zuki chudan
  - 8.ZKD t Soto-Ude-Uke / Gyaku-Zuki chudan
9. ZKD p 5x Mae-Geri chudan (z chudan kamae)
10. ZKD p 5x Mae-Geri jodan

##### **Kata**

Taikyoku Nidan

##### **Kumite**

Ten-No-Kata ( ura )

##### **Tori**

ZKD Gedan-Barai

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

##### **Uke**

SHIZENTAI

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