

# SHOTOKAN RYU KASE HA KARATE DO

## WYMAGANIA EGZAMINACYJNE 9-1 KYU

### DZIECI DO LAT 12

#### 9.2. Kyu (pas biały 2 żółte belki)

##### **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 chuda
  - 7.ZKD t Shuto-Uke / Gyaku-Nukite chudan
  - 8.ZKD t Age-Uke / Gyaku-Zuki chudan
  - 9 KKD t Soto-Ude-Uke / Gyaku-Zuki chudan
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- 10.ZKD p 5x Mae-Geri chudan (z chudan kamae p.l.str.)
  - 11.ZKD p 5x Mae-Geri jodan
  - 12.KD p 5x Yoko-Geri chudan

##### **Kata**

Taikyoku Sandan

##### **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

##### **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 Age-Uke / Gyaku-Zuki chudan
- t Soto-Ude-Uke / Gyaku-Zuki chudan