

SHOTOKAN RYU KASE HA KARATE DO

WYMAGANIA EGZAMINACYJNE 9-1 KYU

9 Kyu (pas biały)

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 Age-Uke / Gyaku-Zuki chudan

7.ZKD p 5x Mae-Geri chudan (z chudan kamae)

Kata

Taikyoku Shodan

Kumie

Ten-No-Kata (ura)

Tori

ZKD Gedan-Barai

1. p Oi-Zuki chudan

2. p Oi-Zuki jodan

Uke

SHIZENTAI do ZKD

t Gedan-Barai / Gyaku-Zuki chudan

t Age-Uke / Gyaku-Zuki chudan