

## Program egzaminacyjny **KYU**

Program zakłada systematyczny trening **min. 2x tygodniowo**.

Minimalny wiek przystąpienia do egzaminu **na 6 kyu - 14 lat**.

### **6 KYU** - pas czerwony

**4 miesiące** od rozpoczęcia treningów, **więcej niż 30 dni** treningowych

<b>Tachi waza</b>	Tai sabaki, ashi sabaki, ukemi, shikko.
Ai hanmi katate dori	ikkyo, shiho nage, kote gaeshi
Shomen uchi	ikkyo, irimi nage
<b>Suwari waza</b>	
Ryote dori	kokyu ho

### **5 KYU** - pas żółty

**5 miesięcy** od 6 kyu, **więcej niż 40 dni** treningowych

<b>Suwari waza</b>	
Shomen uchi	<b>ikkyo</b>
Ryote dori	Kokyu ho
<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, <b>irimi nage</b> , kote gaeshi, shiho nage
Shomen uchi	ikkyo, <b>nikyo</b> , irimi nage, <b>kote gaeshi</b>
Katate dori	<b>ikkyo</b> , <b>shiho nage</b> , <b>kote gaeshi</b>
Tsuki	<b>ikkyo</b>

### **4 KYU** - pas pomarańczowy

**6 miesięcy** od 5 kyu, **więcej niż 50 dni** treningowych, **1 staż** lub warsztaty klubowe

<b>Suwari waza</b>	
Shomen uchi	ikkyo, <b>irimi nage</b>
Kata dori	<b>ikkyo</b>
Ryote dori	Kokyu ho
<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, <b>nikyo</b> , irimi nage, kote gaeshi, shiho nage
Katate dori	ikkyo, <b>nikyo</b> , <b>irimi nage</b> , shiho nage, kote gaeshi, <b>kaiten nage</b>
Ryote dori	<b>ikkyo</b> , <b>tenchi nage</b>
Shomen uchi	ikkyo, <b>nikyo</b> , <b>sankyo</b> , irimi nage, kote gaeshi
Yokomen uchi	<b>ikkyo</b> , <b>nikyo</b> , <b>shiho nage</b>
Tsuki	ikkyo, <b>kote gaeshi</b>
Ushiro ryotekubi dori	<b>ikkyo</b> , <b>kote gaeshi</b>

### **3 KYU** - pas zielony

8 miesięcy od 4 kyu, więcej niż 60 dni treningowych, 1 staż z Shihanem

<b>Suwari waza</b>	
Shomen uchi	ikkyo, nikyo, irimi nage, kote gaeshi
Tsuki	kote gaeshi
Kata dori	ikkyo, nikyo
Ryote dori	Kokyu ko
<b>Hanmi handachi waza</b>	
Katate dori	ikkyo, kote gaeshi, kaiten nage
<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, nikyo, sankyo, irimi nage, kote gaeshi, shiho nage,
Katate dori	ikkyo, nikkyo, sankyo, irimi nage, shiho nage, kote gaeshi, kaiten nage, tenchi nage, kokyu nage (ude kime nage)
Morote dori	ikkyo, juji garami
Ryotedori	ikkyo, tenchi nage, irimi nage, shiho nage
Kata dori	ikkyo, nikyo
Kata dori men uchi	ikkyo ver 1 i 2, kote gaeshi
Shomen uchi	ikkyo, nikyo, sankyo, yonkyo, irimi nage, kote gaeshi,
Yokomen uchi	ikkyo, nikyo, sankyo, shiho nage, irimi nage, kokyu nage (ude kime nage)
Tsuki	ikkyo, kote gaeshi, irimi nage, hiji kime osae
Ushiro ryotekubi dori	ikkyo, nikyo, irimi nage, kote gaeshi, shiho nage
Ushiro ryo kata dori	ikkyo, nikkyo, irimi nage (sokumen)
Ushiro eri dori	ikkyo

## **2 KYU** - pas niebieski, Hakama

9 miesięcy od 3 kyu, więcej niż 70 dni treningowych, 2 staże z Shihanem

<b>Suwari waza</b>	
Ryote dori	Kokyu ho
Shomen uchi	ikkyo, nikyo, <b>sankyo</b> , irimi nage, kote gaeshi
Tsuki	<b>ikkyo</b> , kote gaeshi
Kata dori	ikkyo, nikyo, <b>sankyo</b>
Yokomenuchi	<b>gokyo</b>
<b>Hanmi handachi waza</b>	
Katate dori	ikkyo, kote gaeshi, kaiten nage (soto / uchi), <b>shiho nage</b>
Shomen uchi	<b>irimi nage</b>
Ushiro ryo kata dori	<b>kokyu nage</b>
<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, nikyo, sankyo, <b>yonkyo</b> , kote gaeshi, shiho nage, irimi nage, <b>kokyu nage-ude kime nage</b>
Katate dori	ikkyo, nikyo, sankyo, <b>yonkyo</b> , irimi nage, shiho nage, kote gaeshi, kaiten nage, tenchi nage, <b>sumi otoshi</b> , kokyu nage (ude kime nage)
Morote dori	ikkyo, juji garami, <b>kote gaeshi, koshi nage</b>
Ryote dori	ikkyo, tenchi nage, irimi nage, <b>kote gaeshi</b> , shiho nage
Kata dori	ikkyo, nikyo, <b>sankyo, yonkyo</b>
Ryo kata dori	<b>kokyu nage</b>
Mune dori	<b>ikkyo</b>
Kata dori men uchi	ikkyo, <b>nikyo, sankyo</b> , kote gaeshi, <b>irimi nage</b>
Shomen uchi	ikkyo, nikyo, sankyo, yonkyo, <b>gokyo</b> , irimi nage, kote gaeshi, <b>koshi nage</b>
Yokomen uchi	ikkyo, nikyo, sankyo, <b>yonkyo</b> , shiho nage, <b>kote gaeshi</b> , irimi nage, kokyu nage (ude kime nage)
Tsuki	ikkyo, kote gaeshi, irimi nage, hiji kime osae, <b>soto kaiten nage</b>
Ushiro ryotekubi dori	ikkyo, nikyo, <b>sankyo</b> , irimi nage, kote gaeshi, shiho nage, <b>juji garami, koshi nage</b>
Ushiro eri dori	ikkyo, <b>hiji kime osae</b>
Ushiro ryo kata dori	ikkyo, nikyo, <b>sankyo</b> , irimi nage, <b>kote gaeshi</b> ,
Ushiro dori	<b>kote gaeshi, kokyu nage</b>

# 1 KYU - pas brązowy, Hakama

10 miesięcy od 2 kyu, więcej niż 80 dni treningowych, 2 staże z Shihanem

Tachi waza	
Katate dori	kokyu ho (omote-ura)
Suwari waza	
Ryote dori	Kokyu ho
Shomen uchi	ikkyo, nikyo, sankyo, yonkyo, irimi nage, kote gaeshi
Tsuki (jodan)	ikkyo, irimi nage, kote gaeshi
Kata dori	ikkyo, nikyo, sankyo, yonkyo
Yokomenuchi	gokyo, kokyu nage
Hanmi handachi waza	
Shomen uchi	ikkyo, irimi nage
Katate dori	ikkyo, shiho nage, kote gaeshi, irimi nage, kaiten nage uchi / soto,
Ryote dori	shiho nage
Ushiro ryo kata dori	kokyu nage, kote gaeshi
Tachi waza	
Ai hanmi katate dori	ikkyo, nikyo, sankyo, yonkyo, kote gaeshi, shiho nage, irimi nage, tenchi nage,
Katate dori	ikkyo, nikyo, sankyo, yonkyo, irimi nage, shiho nage, kote gaeshi, kaiten nage, tenchi nage, sumi otoshi, kokyu nage-ude kime nage, koshi nage, kokyu nage, aiki otoshi,
Morote dori	ikkyo, juji garami, kote gaeshi, koshi nage, kokyu nage, irimi nage
Ryote dori	ikkyo, shiho nage, tenchi nage, irimi nage, kote gaeshi, koshi nage
Mune dori	ikkyo, shiho nage
Kata dori	ikkyo, nikyo, sankyo, yonkyo, (sokumen) irimi nage
Ryo kata dori	Ikkyo, kokyu nage
Kata dori men uchi	ikkyo, nikyo, sankyo, yonkyo, irimi nage, kote gaeshi, juji garami, koshi nage
Shomen uchi	ikkyo, nikyo, sankyo, yonkyo, gokyo, irimi nage, kote gaeshi, koshi nage, kaiten nage
Yokomen uchi	ikkyo, ikkyo, nikyo, sankyo, yonkyo, gokyo, shiho nage, irimi nage, kote gaeshi, ude kime nage (kokyu nage), tenchi nage koshi nage
Tsuki	ikkyo, kote gaeshi, irimi nage, hiji kime osae, soto kaiten nage, kokyu nage
Ushiro ryote dori	ikkyo, nikyo, sankyo, yonkyo, irimi nage, kote gaeshi, shiho nage, juji garami, tenchi nage, koshi nage, kaiten nage,
Ushiro ryo kata dori	ikkyo, nikyo, sankyo, yonkyo, irimi nage, kote gaeshi,
Ushiro eri dori	ikkyo, kote gaeshi, hiji kime osae
Ushiro dori	shiho nage, kote gaeshi, kokyu nage
Ushiro katate dori kubi shime	sankyo, kokyu nage,
Jiyu waza	Dowolny atak