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

5 KYU - pas żółty

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

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

4 KYU – pas pomarańczowy

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

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

3 KYU - pas zielony

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

Suwari waza	
Shomen uchi	ikkyo, nikyo, irimi nage, kote gaeshi
Tsuki	kote gaeshi
Kata dori	ikkyo, nikyo
Ryote dori	Kokyu ko
Hanmi handachi waza	
Katate dori	ikkyo, kote gaeshi, kaiten nage
Tachi waza	
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

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

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**