



**WYMAGANIA  
EGZAMINACYJNE**

**na stopnie 9-4 kyu  
w karate**

**FUDOKAN**

## 9 KYU – PAS BIAŁY

### I. KIHON

1. KD	-	CHOKU – ZUKI - CHUDAN	(WM)
2. ZKD	-	OI-ZUKI-JODAN	(P)
3. ZKD	-	AGE-UKE	(T)
4. ZKD	-	OI-ZUKI-CHUDAN	(P)
5. ZKD	-	SOTO-UKE	(T)
6. ZKD	-	MAE-KERI-CHUDAN	(P)
7. ZKD	-	GEDAN-BARAI	(T)

### II. KATA

TAIKYOKU – SHODAN

### III. BUNKAI KATA- INTERPRETACJA TECHNIK

TAIKYOKU – SHODAN

### IV. KUMITE

GOHON – KUMITE

**ATAKI:** OI-ZUKI-JODAN  
OI-ZUKI-CHUDAN  
MAE-KERI

**OBRONY:** AGE-UKE  
SOTO-UKE  
GEDAN-BARAI

# HACHI 8 KYU – PAS ŻÓŁTY

## I. KIHON

- |        |   |                             |     |
|--------|---|-----------------------------|-----|
| 1. ZKD | - | O –ZUKI–JODAN               | (P) |
| 2. ZKD | - | AGE–UKE / GYAKU–ZUKI        | (T) |
| 3. ZKD | - | OI–ZUKI–CHUDAN              | (P) |
| 4. ZKD | - | SOTO–UKE / GYAKU–ZUKI       | (T) |
| 5. ZKD | - | MAE–KERI–CHUDAN             | (P) |
| 6. ZKD | - | GEDAN–BARAI / TETSUI–UCHI   | (T) |
|        |   | kontratak wyk. z góry w dół |     |
| 7. KKD | - | SHUTO–UKE                   | (P) |

## II. KATA

1. HEIAN SHODAN
2. TAIKYOKU NIDAN

## III. BUNKAI KATA

1. HEIAN SHODAN
2. TAIKYOKU NIDAN

## IV. KUMITE

### **KIHON – IPPON – KUMITE**

#### **ATAKI:**

OI–ZUKI–JODAN  
OI–ZUKI–CHUDAN  
MAE–KERI–CHUDAN

#### **OBRONA:**

AGE–UKE / GYAKU–ZUKI  
SOTO–UKE / GYAKU–ZUKI  
GEDAN–BARAI / GYAKU–ZUKI

# HICHI 7 KYU – PAS POMARAŃCZOWY

## I. KIHON

1. ZKD	OI-ZUKI-JODAN	(P)
2. ZKD	AGE-UKE / GYAKU-ZUKI	(T)
3. ZKD	KIZAMI-ZUKI-JODAN – yori ashi (na obie strony)	(P)
4. KKD	SHUTO-UKE / ZKD GYAKU-NUKITE	(T)
5. ZKD	MAE-REN-KERI – mae-ashi-keri-chudan/mae-keri-jodan	(P)
6. ZKD	UCHI-UKE / KIZAMI-ZUKI / GYAKU-ZUKI	(T)
7. ZKD	URAKEN-UCHI-JODAN	(P)
8. ZKD	GEDAN-BARAI/GYAKU-ZUKI	(T)
9. KD	TETSUI-UCHI (w bok po obrocie)	(P)
10. KD	YOKO-KERI-KEAGE-JODAN	(B)

wykonać lewą i prawą nogą

## II. KATA

1. HEIAN NIDAN
2. TAIKYOKU SANDAN

## III. BUNKAI KATA

1. HEIAN NIDAN
2. TAIKYOKU SANDAN

## IV. KUMITE

### **KIHON – IPPON – KUMITE**

#### **ATAKI:**

OI – ZUKI – JODAN  
OI – ZUKI – CHUDAN  
MAE – KERI – CHUDAN

#### **OBRONA:**

AGE-UKE / GYAKU-ZUKI  
SHUTO-UKE / GYAKU - NUKITE  
GEDAN-BARAI / GYAKU-ZUKI

# ROKU 6 KYU – PAS ZIELONY

## I. KIHON

- |         |  |     |
|---------|--|-----|
| 1. ZKD  | REN-ZUKI – jodan, chudan   | (P) |
| 2. ZKD  | AGE-UKE / SOTO-UKE – tą samą ręką / GYAKU – ZUKI                                   | (T) |
| 3. ZKD  | MAE-REN-KERI – mae-ashi-keri-chudan/mae-keri-jodan                                 | (P) |
| 4. ZKD  | GEDAN-KAKE-UKE – yori ashi<br>/ GEDAN-BARAI - yori ashi (tą samą ręką)/ GYAKU-ZUKI | (T) |
| 5. ZKD  | MAWASHI-KERI-CHUDAN  | (P) |
| 6. ZKD  | UCHI-UKE / KIZAMI-ZUKI / GYAKU-ZUKI  | (T) |
| 7. KD   | YOKO-KERI-KEAGE-JODAN – lewą i prawą nogą  | (B) |
| 8. KD   | YOKO-KERI-KEKOMI-CHUDAN – lewą i prawą nogą  | (B) |
| 9. KKD  | SOETE – UKE  | (P) |
| 10. ZKD | SOTO-UKE / GYAKU-ZUKI / KIZAMI-URAKEN-UCHI   | (T) |
| 11. ZKD | KIZAMI-ZUKI / GYAKU-ZUKI – yori ashi na obie strony                                | (P) |
| 12. ZKD | UCHI-SHUTO-UCHI  | (T) |

## II. KATA

1. HEIAN SANDAN

## III. BUNKAI KATA

1. HEIAN SANDAN

## IV. KUMITE

### **KIHON – IPPON – KUMITE**

#### **ATAKI:**

OI-ZUKI-JODAN  
OI-ZUKI-CHUDAN  
MAE-KERI-CHUDAN  
YOKO-KERI-KEKOMI-CHUDAN  
  
MAWASHI-KERI-CHUDAN

#### **OBRONY:**

AGE-UKE / GYAKU – ZUKI  
SOTO-UKE / GYAKU – ZUKI  
GEDAN-BARAI / GYAKU – ZUKI  
SOTO-UKE / GYAKU – ZUKI/ KIZAMI-URAKEN-  
UCHI  
UCHI-UKE / KIZAMI-ZUKI / GYAKU-ZUKI

# GO 5 KYU – PAS NIEBIESKI

## KIHON

1. ZKD REN-ZUKI – jodan, chudan (P)
2. ZKD AGE-UKE / OTOSHI-UKE – tą samą ręką / GYAKU-ZUKI (T)
3. ZKD MAWASHI-KERI / MAE-KERI (z międzykrokiem) (P)
4. ZKD UCHI-UKE / GEDAN-BARAI z przejściem / GYAKU-ZUKI (T)
5. ZKD MAWASHI-REN-KERI – chudan, jodan (P)
6. KKD SHUTO-UKE /MAE-ASHI-KERI /  
zmiana stopy i bioder do pozycji ZKD- GYAKU- TATE - NUKITE (T)
7. ZKD USHIRO-KERI-CHUDAN (P)
8. ZKD UCHI-SHUTO-UCHI / GYAKU-MAWASHI-SHUTO-UCHI (T)
9. KD YOKO-KERI-KEAGE-JODAN (B)
10. KD YOKO-KERI-KEKOMI-CHUDAN (B)
11. KD YOKO-EMPI-UCHI-CHUDAN (B)

## KATA

1. HEIAN YODAN

## BUNKAI KATA

1. HEIAN YODAN

## KUMITE

### **KAESHI – IPPON – KUMITE**

1. **Atak:** Oi-Zuki-Jodan  
obrona Soto-Uke / Gyaku-Zuki
2. **Atak:** Oi-Zuki-Chudan  
Obrona Gedan-Barai / Gyaku-Zuki
3. **Atak:** Mae-keri  
  
Obrona Soto-Uke / Gyaku-Zuki
4. **Atak:** Yoko-Keri-Kekomi  
Obrona Uchi-Uke / Gyaku-Zuki
5. **Atak:** Mawashi-Keri  
Obrona Soto-Uke / Gyaku-Zuki

- Obrona: Age-Uke /Kontratak: Oi-Zuki-Chudan
- Obrona: Soto-Uke /Kontratak: Mae-Keri
- Obrona: Gedan-Barai/ Kontratak: Yoko-Keri-Kekomi
- Obrona: Soto-Uke / Kontratak: Mawashi-Keri
- Obrona: Uchi-Uke /Kontratak: Ushiro-Keri

# YON 4 KYU – PAS GRANATOWY

## KIHON

1. ZKD SANBON – ZUKI (P)
2. ZKD AGE–UKE / SOTO–UKE / GEDAN–BARAI – tą samą ręką / GYAKU–ZUKI (T)
3. ZKD UCHI–UKE / KIZAMI –ZUKI / GYAKU–AGE–EMPI–UCHI (P)
4. ZKD SOTO–UKE / KD YOKO–EMPI–UCHI / ZKD URAKEN–UCHI (T)
5. ZKD SHUTO – UCHI / GYAKU–HAITO–UCHI (P)
6. KKD SHUTO–UKE / MAE–ASHI–KERI / ZKD GYAKU–TATE–NUKITE (T)
7. ZKD MAE–KERI / MAWASHI–KERI (P)
8. ZKD GEDAN–BARAI w miejscu/ UCHI–UKE z przejściem GYAKU–HAITO–UCHI–JODAN (T)
9. ZKD MAE – KERI - JODAN / YOKO – KERI – KEKOMI - CHUDAN (P)
10. ZKD MAE–KERI–CHUDAN / MAWASHI–KERI–JODAN (P)
11. ZKD USHIRO–KERI / GEDAN–BARAI / GYAKU–ZUKI (P)
12. ZKD ASHI–YOKO–KERI–KEAGE / MAE–KERI–CHUDAN (P)
13. ZKD YOKO–KERI–KEKOMI / URAKEN – UCHI (P)
14. ZKD SHIHO – GYAKU – ZUKI

## KATA

1. HEIAN GODAN
2. HEIAN–OI–KUMI

## BUNKAI KATA

1. HEIAN GODAN
2. HEIAN–OI–KUMI

## KUMITE

### **JIYU–IPPON–KUMITE**

#### **ATAKI:**

OI–ZUKI–JODAN  
OI–ZUKI–CHUDAN

MAE–KERI

YOKO–KERI–KEKOMI

MAWASHI – KERI – JODAN  
USHIRO–KERI

#### **OBRONY:**

AGE–UKE / AGE–EMPI–UCHI  
SOTO–UKE / GYAKU–ZUKI /  
/ KIZAMI–URAKEN–UCHI–JODAN  
GEDAN–BARAI / GYAKU–ZUKI/KIZAMI–  
AGE–EMPI–UCHI–JODAN  
SOTO–UKE / GYAKU–MAWASHI  
–EMPI –UCHI–CHUDAN  
UCHI–UKE / KIZAMI–ZUKI /GYAKU–ZUKI  
SOTO–UKE / GYAKU–ZUKI

## **LEGENDA**

P – do przodu

T – do tyłu

B – bokiem

ZD – Zenkutsu Dach

KB – Kiba Dach