



**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
/ 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 Dachi

KB – Kiba Dachi