

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

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|-----------------------|----------------------------------------------------------------|
| 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 |