

## Program egzaminacyjny KYU

Program zakłada systematyczny trening min. 2x tygodniowo.  
Minimalny wiek przystąpienia do egzaminu na 6 kyu - 14 lat.

### **6 KYU** - pas biały (4 miesiące od rozpoczęcia treningów) minimum 30 dni treningowych

Tai sabaki, ashi sabaki, ukemi, shikko.

<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, shiho nage, kote gaeshi
Shomen uchi	ikkyo, irimi nage
<b>Suwaru waza</b>	
Ryote dori	kokyu ho

### **5 KYU** - pas żółty (5 miesięcy od egzaminu na 6 kyu) 40 dni treningowych

Prawidłowo opanowane techniki na poprzednie kyu

<b>Suwaru waza</b>	
Shomen uchi	ikkyo
<b>Tachi waza</b>	
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 egzaminu na 5 kyu) 50 dni treningowych

Prawidłowo opanowane techniki na wszystkie poprzednie kyu

<b>Suwaru waza</b>	
Shomen uchi	ikkyo, irimi nage
Kata dori	ikkyo
<b>Tachi waza</b>	
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 ryote dori	ikkyo, kote gaeshi

### **3 KYU** - pas zielony (8 miesięcy egzaminu na 4 kyu + 1 staż z shihan) 60 dni treningowych

Prawidłowo opanowane techniki na poprzednie kyu

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

## **2 KYU - pas niebieski (10 miesięcy od egzaminu na 3 kyu + 1 staż z shihan) 80 dni treningowych**

Prawidłowo opanowane techniki na poprzednie kyu

<b>Suwari waza</b>	
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, koshi nage, <b>tenchi nage</b>
Katate dori	ikkyo, nikyo, sankyo, <b>yonkyo</b> , irimi nage, shiho nage, kote gaeshi, kaiten nage, tenchi nage, <b>sumi otoshi</b> , ude kime nage, koshi nage, ude kime nage
Morote dori	ikkyo, juji garami, <b>kote gaeshi</b> , <b>koshi nage</b>
Ryote dori	ikkyo, tenchi nage, irimi nage, <b>kote gaeshi</b> , shiho nage
Kata dori	ikkyo, nikyo, <b>sankyo</b> , <b>yonkyo</b>
Ryo kata dori	<b>kokyu nage</b>
Mune dori	<b>ikkyo</b>
Kata dori men uchi	ikkyo, <b>nikyo</b> , <b>sankyo</b> , kote gaeshi, <b>irimi nage</b>
Shomen uchi	ikkyo, nikyo, sankyo, yonkyo, <b>gokyo</b> , irimi nage, kote gaeshi, koshi nage
Yokomen uchi	ikkyo, nikyo, sankyo, <b>yonkyo</b> , <b>koshi nage</b> , shiho nage, <b>kote gaeshi</b> , irimi nage, ude kime nage, <b>tenchi nage</b>
Tsuki	ikkyo, kote gaeshi, irimi nage, hiji kime osae, <b>soto kaiten nage</b>
Ushiro ryote dori	ikkyo, nikyo, <b>sankyo</b> , irimi nage, kote gaeshi, shiho nage, <b>juji garami</b> , <b>tenchi nage</b>
Ushiro eri dori	ikkyo, <b>nikyo</b> , <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</b>

## **1 KYU - pas brązowy (10 miesięcy od egzaminu na 2 kyu, 1 staż z shihanem) 80 dni treningowych**

Prawidłowo opanowane techniki na poprzednie kyu

<b>Tachi waza</b>	
Katate dori	kokyu ho
<b>Suwari waza</b>	
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
<b>Hanmi handachi waza</b>	
Shomen uchi	ikkyo, irimi nage
Katate dori	ikkyo, shiho nage, kote gaeshi, irimi nage, kaiten nage uchi/soto, ude garami
Ryote dori	shiho nage
Ushiro ryo kata dori	kokyu nage, kote gaeshi
<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, nikyo, sankyo, yonkyo, gokyo, kote gaeshi, shiho nage, tenchi nage, ude kime nage, irimi nage, koshi nage
Katate dori	ikkyo, nikyo, sankyo, yonkyo, irimi nage, shiho nage, kote gaeshi, kaiten nage, tenchi nage, sumi otoshi, ude kime nage, koshi nage, aiki otoshi ude garami, kokyu nage,
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, sudori nage (aiki nage), kokyu nage
Kata dori men uchi	ikkyo, nikyo, sankyo, yonkyo, irimi nage, kote gaeshi, juji garami, koshi nage
Shomen uchi	ikkyo, nikyo, sankyo (uchi kaiten), yonkyo, gokyo, irimi nage, kote gaeshi, koshi nage, kaiten nage
Yokomen uchi	ikkyo, ikkyo, nikyo, sankyo, yonkyo, gokyo, shiho nage, irimi nage, kote gaeshi, koshi nage, ude kime nage, tenchi nage
Tsuki	ikkyo, kote gaeshi, irimi nage, hiji kime osae, soto kaiten nage, kiri otoshi
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 tori	ikkyo, nikyo, sankyo, yonkyo, kote gaeshi, hiji kime osae
Ushiro tori	shiho nage, kote gaeshi
Ushiro katate dori kubi shime	sankyo, kokyu nage, koshi nage
<b>Ryo kata dori</b>	<b>jiju waza</b>

## 1 DAN - pas czarny (12 miesięcy od egzaminu na 1 kyu + 1 staż z shihan) 100 dni treningowych

Biegle opanowane techniki od 6 do 1 kyu oraz dodatkowo:

<b>Tanto dori</b>	shomen uchi, yokomen uchi , tsuki (formy własne, min.po 3 techniki)
<b>Futari kakari keiko</b>	wg uznania egzaminatora
<b>Futari dori</b>	minimum trzy formy
<b>Dowolny atak</b>	Kokyu nage, jiju waza