

## 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

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

### **5 KYU** - pas żółty

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

<b>Suwari waza</b>	
Shomen uchi	ikkyo
Ryote dori	Kokyu ho
<b>Tachi waza</b>	
Ai hanmi katate dori	ikkyo, <b>irimi nage</b> , kote gaeshi, shiho nage
Shomen uchi	ikkyo, <b>nikyo</b> , irimi nage, <b>kote gaeshi</b>
Kata 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**

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

### **3 KYU** - pas zielony

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

<b>Suwari waza</b>	
Shomen uchi	ikkyo, nikyo, irimi nage, kote gaeshi
Tsuki	kote gaeshi
Kata dori	ikkyo, nikyo
Ryote dori	Kokyu ko
<b>Hanmi handachi waza</b>	
Katate dori	ikkyo, kote gaeshi, kaiten nage
<b>Tachi waza</b>	
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, 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 irimi nage
Ushiro eri dori	ikkyo

## **2 KYU** - pas niebieski, Hakama

**9 miesięcy** od 3 kyu, **więcej niż 70 dni** treningowych, **2 staże z shihanem**

<b>Suwari waza</b>	
Ryote dori	Kokyu ho
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, kokyu nage- ude kime nage,
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,
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, <b>koshi nage</b>
Yokomen uchi	ikkyo, nikyo, sankyo, <b>yonkyo</b> , shiho nage, <b>kote gaeshi</b> , irimi nage, ude kime nage,
Tsuki	ikkyo, kote gaeshi, irimi nage, hiji kime osae, <b>soto kaiten nage</b>
Ushiro ryotekubi dori	ikkyo, nikyo, <b>sankyo</b> , irimi nage, kote gaeshi, shiho nage, <b>juji garami</b> , <b>koshi nage</b>
Ushiro eri dori	ikkyo, <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> , <b>kokyu nage</b>

## **1 KYU** - pas brązowy, Hakama

**10 miesięcy** od 2 kyu, **więcej niż 80** dni treningowych, **2 staże z shihanem**,

Tachi waza	
Kataete dori	kokyu ho (omote-ura)
Suwari waza	
Ryote dori	Kokyu ho
Shomen uchi	ikkyo, nikyo, sankyo, <b>yonkyo</b> , irimi nage, kote gaeshi
Tsuki (jodan)	ikkyo, <b>irimi nage</b> , kote gaeshi
Kata dori	ikkyo, nikyo, sankyo, <b>yonkyo</b>
Yokomenuchi	gokyo, <b>kokyu nage</b>
Hanmi handachi waza	
Shomen uchi	<b>ikkyo</b> , irimi nage
Kataete dori	ikkyo, shiho nage, kote gaeshi, <b>irimi nage</b> , kaiten nage uchi / soto,
Ryote dori	<b>shiho nage</b>
Ushiro ryo kata dori	kokyu nage, <b>kote gaeshi</b>
Tachi waza	
Ai hanmi kataete dori	ikkyo, nikyo, sankyo, yonkyo, kote gaeshi, shiho nage, irimi nage, <b>tenchi nage aiki nage (sudori nage)</b> , ,
Kataete dori	ikkyo, nikyo, sankyo, yonkyo, irimi nage, shiho nage, kote gaeshi, kaiten nage, tenchi nage, sumi otoshi, ude kime nage, koshi nage, <b>kokyu nage</b> , <b>aiki otoshi</b> ,
Morote dori	ikkyo, juji garami, kote gaeshi, koshi nage, <b>kokyu nage</b> , <b>irimi nage</b>
Ryote dori	ikkyo, shiho nage, <b>tenchi nage</b> , <b>irimi nage</b> , kote gaeshi, <b>koshi nage</b>
Mune dori	ikkyo, <b>shiho nage</b>
Kata dori	ikkyo, nikyo, sankyo, yonkyo, <b>sokumen irimi nage</b>
Ryo kata dori	<b>Ikkyo</b> , <b>kokyu nage</b>
Kata dori men uchi	ikkyo, nikyo, sankyo, <b>yonkyo</b> , <b>irimi nage</b> , kote gaeshi, <b>juji garami</b> , <b>koshi nage</b>
Shomen uchi	ikkyo, nikyo, sankyo, yonkyo, gokyo, <b>irimi nage</b> , kote gaeshi, koshi nage, <b>kaiten nage</b>
Yokomen uchi	ikkyo, ikkyo, nikyo, sankyo, yonkyo, <b>gokyo</b> , shiho nage , <b>irimi nage</b> , kote gaeshi, ude kime nage, <b>tenchi nage</b> <b>koshi nage</b>
Tsuki	ikkyo, kote gaeshi, <b>irimi nage</b> , hiji kime osae, <b>soto kaiten nage</b> , <b>kokyu nage</b>
Ushiro ryote dori	ikkyo, nikyo, sankyo, <b>yonkyo</b> , <b>irimi nage</b> , kote gaeshi, shiho nage, juji garami, <b>tenchi nage</b> , koshi nage, <b>kaiten nage</b> ,
Ushiro ryo kata dori	ikkyo, nikyo, sankyo, <b>yonkyo</b> , <b>irimi nage</b> , kote gaeshi,
Ushiro eri dori	ikkyo, <b>kote gaeshi</b> , hiji kime osae
Ushiro dori	<b>shiho nage</b> , kote gaeshi, <b>kokyu nage</b>
Ushiro katate dori kubi shime	<b>sankyo</b> , <b>kokyu nage</b> ,
Jiyu waza	Dowolny atak