

PROGRAMA EXAMEN COPII

GRAD	CONDITII DE EXAMINARE	TEHNICI											
		IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	SHIHO NAGE	IRIMI NAGE	KOTE GAESHI	KAITEN NAGE	ENCHI NAG	KOKYO-HO	
10 KYU	20 zile de practica	Kamae, Tenkan, Shiko, Mae ukemi, Ushiro ukemi											
9 KYU	20 zile practica de la 10 kyu	Kamae, Tenkan, Shiko, Mae ukemi, Ushiro ukemi, Yoko ukemi, Obi ukemi, Ashi sabaki (Ayumi Ashi, Okuri Ashi, Tsugi Ashi), Suwariwaza Kokyo-ho, Ai hanmi Ikkyo											
8 KYU	30 zile practica de la 9 kyu	Katate dori					Katate dori	Shomen uchi				Suwariwaza	
7 KYU	30 zile practica de la 8 kyu	Shomen uchi					Katate dori	Katate dori				Suwariwaza	
6 KYU	40 zile practica de la 7 kyu		Katate dori				Yokomen uchi	Suwariwaza shomen uchi				Suwariwaza	
5 KYU	40 zile practica de la 6 kyu	Suwariwaza					Hanmihandachi waza					Suwariwaza	
4 KYU	50 zile practica de la 5 kyu		Kata dori	Katate dori								Suwariwaza	
3 KYU	50 zile practica de la 4 kyu						Ryote dori	Ryote dori			Ryote dori	Suwariwaza	
2 KYU	60 zile practica de la 3 kyu	Shomen uchi (Suwariwaza si Tachiwaza)					Katate dori, Shomen uchi					Suwariwaza	
1 KYU	60 zile practica de la 2 kyu	Ushiro ryote dori				Shomen uchi	Ushiro ryote dori	Ushiro ryote dori			Katate dori	Katate dori	Suwariwaza Tachiwaza

Nota: practicantul trebuie sa cunoasca toate tehnicile care se cer pentru gradele inferioare celui pt. care sustine examen
nr. zilelor de practica cerute pt. a te putea inscrie in examen reprezinta zilele in care ai participat la antrenament de la examinarea anterioara