

PROGRAMA EXAMEN

GRAD	CONDITII DE EXAMINARE	TEHNICI												
		IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	SHIHO NAGE	IRIMI NAGE	KOTE GAESHI	KAITEN NAGE	TENCHI NAGE	JIYU WAZA	KOKYO-HO	
6 KYU	30 zile de practica	Kamae, Tenkan, Shiko, Mae ukemi, Ushiro ukemi, Yoko ukemi, Obi ukemi, Ashi sabaki (Ayumi Ashi, Okuri Ashi, Tsugi Ashi), Ai hanmi Ikkyo, Ai hanmi Shiho nage											Suwarivaza	
5 KYU	30 zile practica de la 6 kyu	Shomen uchi					Katate dori	Shomen uchi						Suwarivaza
4 KYU	60 zile practica de la 5 kyu		Kata dori	Katate dori			Yokomen uchi							Suwarivaza
3 KYU	60 zile practica de la 4 kyu	Shomen uchi (Suwarivaza si Tachiwaza)					Ryote dori	Tsuki	Shomen uchi Tsuki		Ryote dori			Suwarivaza
2 KYU	60 zile practica de la 3 kyu	Kata dori (Suwarivaza si Tachiwaza)					Katate, Ryote Hanmihandachi	Katate dori, Tsuki, Shomen (Suwarivaza si Tachiwaza)		Katate dori		Katate dori		Suwarivaza
1 KYU	60 zile practica de la 2 kyu	Yokomen uchi, Ushiro ryote dori				Shomen uchi	Ushiro ryote dori	Katate dori, Tsuki, Shomen uchi (Suwarivaza si Tachiwaza)				Ryote, Morote Kata dori,	Suwarivaza 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