

6 Kyo

Minimum 4 miesiące treningu od daty przyjęcia do seki

ASHI SARAKI
TENKAN
IRIMI TENKAN
SHIKKO
UKEMI

Tachi waza:

KATATE DORI:
AIHANMI: IKKYO (OMOTE, URA)
IRIMI NAGE (OMOTE, URA)
KOTE GAESHI
SHIHO NAGE (OMOTE, URA)
KATATE DORI:
SHOMEN UCHI: UCHIKAITEN NAGE
IRIMI NAGE

Metoda ćwiczenia: IPPAN GEIKO

5 Kyo

Minimum 5 miesięcy treningu od daty otrzymania 6 kyu

Tachi waza:

KATATE DORI: IKKYO (OMOTE, URA)
SHIHO NAGE (OMOTE, URA)
TENCHI NAGE
UDEKIME NAGE
KOKYU NAGE
KATA DORI: IKKYO (OMOTE, URA)
SHOMEN UCHI: IKKYO (OMOTE, URA)
NIKYO (OMOTE, URA)
KOTE GAESHI
CHUDAN TSUKI: IIRIMI NAGE (OMOTE, URA)
KOTE GAESHI (OMOTE, URA)

Suwari waza:

KATA DORI: IKKYO (OMOTE, URA)
SHOMEN UCHI: IKKYO (OMOTE, URA)

Metoda ćwiczeń: IPPAN GEIKO, KAKARI GEIKO
Podstawowe techniki: BOKKEN

4 Kyo

Minimum 6 miesięcy treningu od daty otrzymania 5 kyu

Tachi waza:

KATATE DORI: NIKYO (OMOTE, URA)
KATATE RYOTE DORI: KOTE GAESHI
RYOTE DORI: IKKYO (OMOTE, URA)
SHIHO NAGE (OMOTE, URA)
TENCHI NAGE (OMOTE, URA)
UDEKIME NAGE
SHOMEN UCHI: SANKYO (OMOTE, URA)
UCHIKAITEN SANKYO
YOKOMEN UCHI: SHIHO NAGE (OMOTE, URA)
IRIMI NAGE (OMOTE, URA)
TENCHI NAGE
KOTE GAESHI
UDEKIME NAGE
CHUDAN TSUKI: UDEKIME NAGE
HIJIKIME OSAE
JODAN TSUKI: IKKYO (OMOTE, URA)

Suwari waza:

KATA DORI: NIKYO (OMOTE, URA)
SHOMEN UCHI: NIKYO (OMOTE, URA)
RYOTE DORI: KOKYU HO

Metoda ćwiczeń: IPPAN GEIKO, KAKARI GEIKO
TANINZU KAKARI GEIKO
Podstawowe techniki: JO

3 Kyo

Minimum 8 miesięcy treningu od daty otrzymania 4 kyu

Tachi waza:

KATATE DORI: SANKYO (OMOTE, URA)
YONKYO (OMOTE, URA)
KATATE RYOTE DORI: IKKYO (OMOTE, URA)
NIKYO (OMOTE, URA)
SHIHO NAGE (OMOTE, URA)
RYOTE DORI: IIRIMI NAGE
KOTE GAESHI
KOKYU NAGE
SHOMEN UCHI: YONKYO (OMOTE, URA)
KOKYU (OMOTE, URA)
YOKOMEN UCHI: IKKYO (OMOTE, URA)
UCHIKAITEN SANKYO
CHUDAN TSUKI: SOTOKAITEN NAGE
UCHIKAITEN SANKYO
JODAN TSUKI: KOTE

Ushiro waza:

RYOTE DORI: IKKYO (OMOTE, URA)
NIKYO (OMOTE, URA)
SANKYO (OMOTE, URA)
HIJIKIME OSAE
KOTE GAESHI (OMOTE, URA)
IRIMI NAGE
JULIGARAMI
SHIHO NAGE

Suwari waza:

KATA DORI: SANKYO (OMOTE, URA)
SHOMEN UCHI: IIRIMI NAGE
KOTE GAESHI
SANKYO (OMOTE, URA)

Metoda ćwiczeń: IPPAN GEIKO, KAKARI GEIKO

2 Kyo

Minimum 6 miesięcy treningu od daty otrzymania 5 kyu

Tachi waza:

KATATE DORI: NIKYO (OMOTE, URA)
KATATE RYOTE DORI: KOTE GAESHI
RYOTE DORI: IKKYO (OMOTE, URA)
SHIHO NAGE (OMOTE, URA)
TENCHI NAGE (OMOTE, URA)
UDEKIME NAGE
SHOMEN UCHI: SANKYO (OMOTE, URA)
UCHIKAITEN SANKYO
YOKOMEN UCHI: SHIHO NAGE (OMOTE, URA)
IRIMI NAGE (OMOTE, URA)
TENCHI NAGE
KOTE GAESHI
UDEKIME NAGE
CHUDAN TSUKI: UDEKIME NAGE
HIJIKIME OSAE
JODAN TSUKI: IKKYO (OMOTE, URA)

Suwari waza:

KATA DORI: NIKYO (OMOTE, URA)
SHOMEN UCHI: NIKYO (OMOTE, URA)
RYOTE DORI: KOKYU HO

Metoda ćwiczeń: IPPAN GEIKO, KAKARI GEIKO
TANINZU KAKARI GEIKO
Podstawowe techniki: JO

1 Kyo

Minimum 10 miesięcy treningu od daty otrzymania 2 kyu

Tachi waza:

MUNE DORI:
MEN UCHI: IKKYO (OMOTE, URA)
NIKYO (OMOTE, URA)
SANKYO (OMOTE, URA)
KOSHI NAGE
JODAN TSUKI: YONKYO (OMOTE, URA)
KOSHI NAGE
IRIMI NAGE
SOTOKAITEN NAGE
USHIRO KIRI OTOSHI

Ushiro waza:

RYOTE DORI: YONKYO (OMOTE, URA)
KOKYU NAGE
KOSHI NAGE

KATATE DORI:

KUBI SHIME: NIKYO (OMOTE, URA)
SANKYO (OMOTE, URA)
KOSHI NAGE

ERI DORI:

SANKYO (OMOTE, URA)
IRIMI NAGE

Hanmihandachi waza:

KATATE DORI: SHIHO NAGE (OMOTE, URA)
UCHIKAITEN NAGE
IKKYO
KOKYU NAGE

Suwari waza:

RYOKATA DORI: SANKYO (OMOTE, URA)
KATA DORI: YONKYO (OMOTE, URA)
MEN UCHI: IIRIMI NAGE
KOTE GAESHI
KOKYU NAGE
SHOMEN UCHI: JIYU WAZA