

WYMAGANIA EGZAMINACYJNE NA STOPNIE - KYU

FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION 10 KYU - PAS NIEBIESKI

KIHON:	
ZKD	
1 Oi-zuki	4x fwd&back
2 Age-uke	4x fwd&back
3 Soto-ude-uke	4x fwd&back
4 Uchi-ude-uke	4x fwd&back
5 Gedan-barai	4x fwd&back
6 Mae-geri-keage	4x fwd&back

KATA:	
1 Taikyoku-Shodan+Bunkai-kata	

KUMITE:	
1 Gohon-kumite - na 5 kroków	
Atak - Jodan-zuki Obrona Age-uke - Gyaku-zuki	
Atak - Chudan-zuki Obrona Soto-uke - Gyaku-zuki	

FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION 9 - 8 KYU - PAS NIEBIESKI

KIHON:	
ZKD	
1 Oi-zuki	4x fwd&back
2 Age-uke	4x fwd&back
3 Soto-ude-uke	4x fwd&back
4 Uchi-ude-uke	4x fwd&back
5 Gedan-barai	4x fwd&back
6 Shuto-uke - KKD	4x fwd&back
7 Mae-geri-keage - ZKD	4x fwd&back
8 Mae-geri-kekomi - ZKD	4x fwd&back
9 Yoko-geri-keage - KD	4x fwd&back
10 Yoko-geri-kekomi - KD	4x fwd&back

KATA:	
1 9 kyu - Heian-Shodan+Bunkai kata	
2 8 kyu - Heian-Nidan+Bunkai kata	

KUMITE:	
1 Gohon-kumite - na 5 kroków	
Atak - Jodan-zuki Obrona Age-uke - Gyaku-zuki	
Atak - Chudan-zuki Obrona Soto-uke - Gyaku-zuki	

FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION 7 - 6 KYU - PAS ZIELONY

KIHON:
ZKD

1 Nidan-zuki	4x fwd&back
2 Age-uke,gyaku-zuki	4x fwd&back
3 Soto-ude-uke,gyaku-zuki	4x fwd&back
4 Uchi-ude-uke,gyaku-zuki	4x fwd&back
5 Gedan-barai,gyaku-zuki	4x fwd&back
6 Shuto-uke,gyaku-nukite - ZKD/KKD	4x fwd&back
7 Mae-geri-keage - ZKD	4x fwd&back
8 Mae-geri-kekomi - ZKD	4x fwd&back
9 Mawashi-geri - ZKD	4x fwd&back
10 Ushiro-geri - ZKD	4x fwd&back
11 Yoko-geri-keage - KD	4x fwd&back
12 Yoko-geri-kekomi - KD	4x fwd&back

KATA:

- 1 7 kyu - Heian-Sandan+Bunkai kata
- 2 6 kyu - Heian-Yodan+Bunkai kata

KUMITE:

- 1 Sanbon-kumite - na 3 kroki
 - Atak - Jodan-zuki Obrona Age-uke - Gyaku-zuki
 - Atak - Chudan-zuki Obrona Soto-uke - Gyaku-zuki

FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

5 - 4 KYU - PAS CZERWONY

KIHON:

ZKD

1 Sanbon-zuki	4x fwd&back
2 Age-uke,nidan-zuki	4x fwd&back
3 Soto-ude-uke,nidan-zuki	4x fwd&back
4 Uchi-ude-uke,nidan-zuki	4x fwd&back
5 Gedan-barai,nidan-zuki	4x fwd&back
6 Shuto-uke,kizami-mae-geri,gyaku-nukite - ZKD/KKD	4x fwd&back
7 Soto-ude-uke,age-empi-uchi - ZKD	4x fwd&back
Kick (alternating legs) - kopnięcia na przemian, z przejściem	
8 Mae-geri-keage,mae-geri-kekomi - ZKD	2x fwd&back
9 Mae-geri,mawashi-geri - ZKD	2x fwd&back
10 Mae-geri,yoko-geri - ZKD	2x fwd&back
11 Mawashi-geri,ushiro-geri - ZKD	2x fwd&back
12 Yoko-geri,ushiro-geri - ZKD	2x fwd&back
13 Yoko-geri-keage,yoko-geri-kekomi - KD	2x fwd&back
14 Mae-geri,mawashi-geri,yoko-geri,ushiro-geri	1x fwd&back
15 Mae-geri,oi-zuki - ZKD	4x fwd&back
16 Gyaku-zuki,mae-geri - ZKD	4x fwd&back
17 Mae-geri,yoko-geri-keage - w miejscu Heiko-Dachi	5 sets each leg

KATA:

- 1 5 kyu - Heian-Godan+Bunkai kata
- 2 6 kyu - Tekki-Shodan+Bunkai kata

KUMITE:

- 1 Kihon-ippou-kumite, po 1 - ataku na lewą i prawą stronę.
 - Atak - Jodan-zuki Obrona Age-uke - Gyaku-zuki
 - Atak - Chudan-zuki Obrona Soto-uke - Gyaku-zuki
 - Atak - Mae-geri Obrona Gedan-barai - Gyaku-zuki

Atak - Mawashi-geri Obrona Nagashi-uke - Gyaku-zuki
Atak - Yoko-geri Obrona Soto-uke - Gyaku-zuki
Atak - Ushiro-geri Obrona Ude-barai - Gyaku-zuki

FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

3 - 2 - 1 KYU - PAS BRĄZOWY

KIHON:

FREE STYLE STANCE - DOWOLNA POZYCJA - FUDO-DACHI

1 Kizami-zuki	6x fwd&back
2 Uraken-uchi	6x fwd&back
3 Gyaku-zuki	6x fwd&back
4 Oi-zuki	4x fwd&back
5 Oi-gyaku-zuki	4x fwd&back
6 Kizami-zuki,oi-zuki	4x fwd&back
7 Kizami-zuki,gyaku-zuki	4x fwd&back
8 Oi-zuki,gyaku-zuki	3x fwd&back
9 Kizami-zuki,oi-zuki,gyaku-zuki	2x fwd&back
10 Any-tsuki-combination	1x fwd&back
11 Mae-geri,oi-zuki	6x fwd&back
12 Gyaku-zuki-mae-geri	6x fwd&back
13 Gyaku-zuki-mawashi-geri	6x fwd&back
14 Gyaku-zuki-yoko-geri	6x fwd&back
15 Ushiro-geri-gyaku-zuki	6x fwd&back
16 Any-keri-combination	1x fwd&back
17 Mae-geri,yoko-geri,ushiro-geri - w miejscu Heiko-Dachi	5 sets each leg

KATA:

- 1 3 kyu - Bassai-Dai+Bunkai kata
- 2 2 kyu - Bassai-Dai,Jion+Bunkai kata
- 3 1 kyu - Bassai-Dai,Jion,Kanku-Dai+Bunkai kata

KUMITE:

- 1 Jiyu-ippon-kumite, po 1 - ataku na lewą i prawą stronę.
Atak - Jodan-zuki Dowolny blok i obrona
Atak - Chudan-zuki Dowolny blok i obrona
Atak - Mae-geri Dowolny blok i obrona
Atak - Mawashi-geri Dowolny blok i obrona
Atak - Yoko-geri Dowolny blok i obrona
Atak - Ushiro-geri Dowolny blok i obrona