

# LISTA WYMAGAŃ EGZAMINACYJNYCH KARKONOSKIEGO STOWARZYSZENIA AIKIDO

|   |                       | 1 KYU                 | 2 KYU                | 3 KYU                | 4 KYU                | 5 KYU                           | 6 KYU               |
|---|-----------------------|-----------------------|----------------------|----------------------|----------------------|---------------------------------|---------------------|
| <b>TACHI WAZA</b>   | SHOMEN UCHI           | IKKYO OMOTE/URA       | IKKYO OMOTE/URA      | IKKYO OMOTE/URA      | IKKYO OMOTE/URA      | IKKYO OMOTE/URA                 |                     |
|   |                       | NIKKYO OMOTE/URA      | NIKKYO OMOTE/URA     | NIKKYO OMOTE/URA     | NIKKYO OMOTE/URA     | IRIMI NAGE                      |                     |
|   |                       | SANKYO OMOTE/URA      | SANKYO OMOTE/URA     | SANKYO OMOTE/URA     | IRIMI NAGE           |                                 |                     |
|   |                       | YONKYO OMOTE/URA      | YONKYO OMOTE/URA     | YONKYO OMOTE/URA     | JIYU WAZA            |                                 |                     |
|   |                       | IRIMI NAGE            | IRIMI NAGE           | IRIMI NAGE           |                      |                                 |                     |
|   |                       | KOTE GAESHI           | KOTE GAESHI          | KOTE GAESHI          |                      |                                 |                     |
|   |                       | KAITEN NAGE           | JIYU WAZA            | JIYU WAZA            |                      |                                 |                     |
|   |                       | JIYU WAZA             |                      |                      |                      |                                 |                     |
|   | YOKOMEN UCHI          | IKKYO OMOTE/URA       | SHIHO NAGE OMOTE/URA | SHIHO NAGE OMOTE/URA | SHIHO NAGE OMOTE/URA |                                 |                     |
|   |                       | NIKKYO OMOTE/URA      |                      |                      |                      |                                 |                     |
| SANKYO OMOTE/URA  |                       |                       |                      |                      |                      |                                 |                     |
| YONKYO OMOTE/URA  |                       |                       |                      |                      |                      |                                 |                     |
| GOKKYO  |                       |                       |                      |                      |                      |                                 |                     |
| SHIHO NAGE OMOTE/URA  |                       |                       |                      |                      |                      |                                 |                     |
| KATA DORI   | IKKYO OMOTE/URA       | IKKYO OMOTE/URA       | IKKYO OMOTE/URA      | IKKYO OMOTE/URA      |                      |                                 |                     |
|   | NIKKYO OMOTE/URA      | NIKKYO OMOTE/URA      | NIKKYO OMOTE/URA     | NIKKYO OMOTE/URA     |                      |                                 |                     |
|   | SANKYO OMOTE/URA      | SANKYO OMOTE/URA      |                      |                      |                      |                                 |                     |
|   | YONKYO OMOTE/URA      | YONKYO OMOTE/URA      |                      |                      |                      |                                 |                     |
|   | KOKYU HO              | KOKYU HO              |                      |                      |                      |                                 |                     |
| USHIRO RYOTE DORI   | IKKYO OMOTE/URA       |                       |                      |                      |                      |                                 |                     |
|   | NIKKYO OMOTE/URA      |                       |                      |                      |                      |                                 |                     |
|   | SANKYO OMOTE/URA      |                       |                      |                      |                      |                                 |                     |
|   | YONKYO OMOTE/URA      |                       |                      |                      |                      |                                 |                     |
|   | KOKYU HO              |                       |                      |                      |                      |                                 |                     |
| KATATE DORI   | SHIHO NAGE OMOTE/URA  | SHIHO NAGE OMOTE/URA  | SHIHO NAGE OMOTE/URA | SHIHO NAGE OMOTE/URA | SHIHO NAGE OMOTE/URA | IKKYO OMOTE/URA<br>AIHANMI      |                     |
|   | HANMI HANDACHI        | HANMI HANDACHI        | KOKYU HO             | KOKYU HO             | KOKYU HO             | IRIMI NAGE AIHANMI              |                     |
|   | SHIHO NAGE            | SHIHO NAGE            |                      |                      |                      | SHIHO NAGE OMOTE/URA<br>AIHANMI |                     |
|   | IRIMI NAGE            | IRIMI NAGE            |                      |                      |                      |                                 |                     |
|   | KOTE GAESHI           | KOTE GAESHI           |                      |                      |                      |                                 |                     |
|   | KAITEN NAGE           | KAITEN NAGE           |                      |                      |                      |                                 |                     |
|   | KOKYU NAGE            | KOKYU NAGE            |                      |                      |                      |                                 |                     |
|   | JIYU WAZA             | JIYU WAZA             |                      |                      |                      |                                 |                     |
| RYOTE DORI  | SHIHO NAGE OMOTE/URA  | SHIHO NAGE OMOTE/URA  | SHIHO NAGE OMOTE/URA | KOKYU HO             |                      |                                 |                     |
|   | HANMI HANDACHI        | TEN CHI NAGE          | TEN CHI NAGE         |                      |                      |                                 |                     |
|   | SHIHO NAGE OMOTE/URA  | KOKYU HO              | KOKYU HO             |                      |                      |                                 |                     |
|   | TEN CHI NAGE          |                       |                      |                      |                      |                                 |                     |
|   | KOKYU HO              |                       |                      |                      |                      |                                 |                     |
| TSUKI   | IRIMI NAGE            | IRIMI NAGE            | IRIMI NAGE           |                      |                      |                                 |                     |
|   | KOTE GAESHI           | KOTE GAESHI           | KOTE GAESHI          |                      |                      |                                 |                     |
|   | KAITEN NAGE           |                       |                      |                      |                      |                                 |                     |
|   | JIYU WAZA             |                       |                      |                      |                      |                                 |                     |
| KOKYU NAGE  | RYOTE DORI 3 RODZAJE  | KATATE DORI 3 RODZAJE | MOROTE DORI KOKYU HO |                      |                      |                                 |                     |
|   | KATATE DORI 3 RODZAJE | MOROTE DORI KOKYU HO  |                      |                      |                      |                                 |                     |
|   | MOROTE DORI 3 RODZAJE |                       |                      |                      |                      |                                 |                     |
|   | MOROTE DORI KOKYU HO  |                       |                      |                      |                      |                                 |                     |
| SHOMEN UCHI   | IKKYO OMOTE/URA       | IKKYO OMOTE/URA       | IKKYO OMOTE/URA      | IKKYO OMOTE/URA      | IKKYO OMOTE/URA      |                                 |                     |
|   | NIKKYO OMOTE/URA      | NIKKYO OMOTE/URA      | NIKKYO OMOTE/URA     | NIKKYO OMOTE/URA     |                      |                                 |                     |
|   | SANKYO OMOTE/URA      | SANKYO OMOTE/URA      | SANKYO OMOTE/URA     |                      |                      |                                 |                     |
|   | YONKYO OMOTE/URA      | YONKYO OMOTE/URA      | YONKYO OMOTE/URA     |                      |                      |                                 |                     |
|   |                       |                       |                      |                      |                      |                                 |                     |
| YOKOMEN UCHI  | IKKYO OMOTE/URA       |                       |                      |                      |                      |                                 |                     |
|   | NIKKYO OMOTE/URA      |                       |                      |                      |                      |                                 |                     |
|   | SANKYO OMOTE/URA      |                       |                      |                      |                      |                                 |                     |
|   | YONKYO OMOTE/URA      |                       |                      |                      |                      |                                 |                     |
|   | GOKKYO                |                       |                      |                      |                      |                                 |                     |
| KATA DORI   | IKKYO OMOTE/URA       | IKKYO OMOTE/URA       | NIKKYO OMOTE/URA     | NIKKYO OMOTE/URA     |                      |                                 |                     |
|   | NIKKYO OMOTE/URA      | NIKKYO OMOTE/URA      |                      |                      |                      |                                 |                     |
|   | SANKYO OMOTE/URA      | SANKYO OMOTE/URA      |                      |                      |                      |                                 |                     |
|   | YONKYO OMOTE/URA      | YONKYO OMOTE/URA      |                      |                      |                      |                                 |                     |
|   | KOKYU HO              | KOKYU HO              | KOKYU HO             | KOKYU HO             | KOKYU HO             | KOKYU HO                        |                     |
| BOKKEN  | 1-7 SUBURI            | 1-7 SUBURI            | 1-7 SUBURI           | 1-7 SUBURI           | 1-7 SUBURI           | 1-3 SUBURI                      |                     |
|   | HAPPOGIRI             | HAPPOGIRI             | HAPPOGIRI            | HAPPOGIRI            |                      |                                 |                     |
|   | 1-10 AWASE            | 1-10 AWASE            | 1-5 AWASE            |                      |                      |                                 |                     |
|   | 1-5 KUMITACHI         | 1-3 KUMITACHI         |                      |                      |                      |                                 |                     |
|   | KIMUSUBI NO TACHI     |                       |                      |                      |                      |                                 |                     |
| JO  | 1-20 SUBURI           | 1-20 SUBURI           | 1-13 SUBURI          | 1-10 SUBURI          | 1-5 SUBURI           | 1-3 SUBURI                      |                     |
|   | 31 KATA               | 31 KATA               |                      |                      |                      |                                 |                     |
|   | 31 KATA KUMI JO       |                       |                      |                      |                      |                                 |                     |
|   | 13 KATA               |                       |                      |                      |                      |                                 |                     |
| <b>Minimalna ilość treningów pozwalająca przystąpić do egzaminu</b> |                       |                       |                      |                      |                      |                                 |                     |
|   |                       | 60 po 2 kyu           | 50 po 3 kyu          | 50 po 4 kyu          | 40 po 5 kyu          | 30 po 6 kyu                     | 25 dni treningowych |