



WYMAGANIA EGZAMINACYJNE POWYŻEJ 14 LAT WG. POLSKIEGO ZWIĄZKU KARATE

<i>Przerwy pomiędzy poszczególnymi egzaminami</i>	
9 kyu, 8 kyu, 7 kyu, 6 kyu, 5 kyu, 4 kyu, 3 kyu, 2 kyu, 1 kyu 6 miesięcy od poprzedniego egzaminu	
9 KYU	
KIHON	Oi-zuki Age-uke Soto-uke Uchi-uke Gedan-barai Mae-geri
KATA	Taikyoku-Shodan
KUMITE	Gohon-kumite
8 KYU	
KIHON	Oi-zuki Age-uke/Gyaku-zuki Soto-uke/Gyaku-zuki Uchi-uke/Gyaku-zuki Gedan-barai/Gyaku-zuki Shuto-uke Mae-geri Yoko-geri-keage Yoko-geri-kekomi
KATA	Heian-Shodan
KUMITE	Gohon-kumite
7 KYU	
KIHON	Oi-zuki Age-uke/Gyaku-zuki Soto-uke/Gyaku-zuki Shuto-uke/Gyaku-nukite Uraken-uchi Mae-geri Mae-ren-geri/chudan, jodan (z międzykrokiem) Yoko-geri-keage Yoko-geri-kekomi Mawashi-geri
KATA	Heian-Nidan
KUMITE	Gohon-kumite

6 KYU

KIHON	Sanbon-zuki Age-uke/Gyaku-zuki Uchi-uke/Kizami-zuki/Gyaku-zuki Soto-uke/Kizami-uraken-uchi/Gyaku-zuki Shuto-uke/Kizami-mae-geri/Gyaku-nukite Shuto-uchi Yoko-empi-uchi Mae-geri Mae-ren-geri (z międzykrokiem) Yoko-geri-keage Yoko-geri-kekomi Mawashi-geri Ura-mawashi-geri Shiho-gyaku-zuki
KATA	Heian-Sandan
KUMITE	Kihon-ippon-kumite

5 KYU

KIHON	Sanbon-zuki Age-uke/Gyaku-zuki Uchi-uke/Gyaku-empi-uchi Soto-uke/Yoko-empi-uchi/Gyaku-zuki Shuto-uke/Kizami-mae-geri/Gyaku-zuki Haito-uchi Mae-geri Kizami-mae-geri/mae-geri Yoko-geri-keage Yoko-geri-kekomi Mawashi-geri Ura-mawashi-geri Ushiro-geri Mae-geri/mawashi-geri (z międzykrokiem) Shiho-uraken-uchi
KATA	Heian-Yodan
KUMITE	Kihon-ippon-kumite

4 KYU

KIHON	Sanbon-zuki Age-uke/Gyaku-zuki/Age-empi-uchi Uchi-uke/Kizami-zuki/Gyaku-zuki Soto-uke/Yoko-empi-uchi/Uraken-uchi Shuto-uke/Kizami-mae-geri/Gyaku-nukite Mawashi -shuto-uchi/Gyaku-haito-uchi Mae-geri Yoko-geri-keage Yoko-geri-kekomi Mawashi-geri Ura-mawashi-geri Ushiro-geri Mawashi-geri/Ushiro-geri (z międzykrokiem) Shiho-gyaku-zuki Shiho-empi-uchi
KATA	Heian-Godan
KUMITE	Kihon-ippon-kumite (kontratak uchi lub geri)

3 KYU

KIHON	Sanbon-zuki Age-uke/Gyaku-zuki/Age-empi-uchi Uchi-uke/Kizami-zuki/Gyaku-zuki Soto-uke/Yoko-empi-uchi/Uraken-uchi/Gyaku-zuki Shuto-uke/Kizami-mae-geri/Gyaku-nukite/Uraken-uchi/Gyaku-empi-uchi Sanbon-mae-geri Yoko-geri-keage/Yoko-geri-kekomi (tą samą nogą) Mawashi-geri/Yoko-geri-kekomi Ura-mawashi-geri Ushiro-geri Shiho-gyaku-zuki Shiho-uchi Shiho-geri
KATA	Tekki-Shodan
KUMITE	Jiyu-ippon-kumite
2 KYU	
KIHON	Sanbon-zuki Age-uke/Gyaku-zuki/Kizami-zuki Uchi-uke/Gyaku-empi-uchi/Kizami-uraken-uchi Shuto-uke/Kizami-mae-geri/Gyaku-nukite/Kizami-uraken-uchi/Gyaku-empi-uchi Sanbon-mae-geri Kizami-mawashi-geri/mawashi-geri Ura-mawashi-geri/mawashi-geri/yoko-geri-keage (tą samą nogą) Ushiro-geri/mawashi-geri (tą samą nogą) Yoko-geri-kekomi/Uraken-uchi/Gyaku-zuki Shiho-uchi Shiho-geri
KATA	Bassai-dai
KUMITE	Jiyu-ippon-kumite
1 KYU	
KIHON	Oi-zuki (do przodu i do tyłu) Sanbon-zuki (do przodu i do tyłu) Kombinacja Mae-geri-chudan/jodan (tą samą nogą) Sanbon-mae-geri Yoko-geri-keage/Yoko-geri-kekomi w kiba-dachi z przejściem Mawashi-geri-chudan/jodan (tą samą nogą) Ura-mawashi-geri-chudan/jodan Ushiro-geri-chudan/jodan Mae-geri/yoko-geri/mawashi-geri/ushiro-geri/ura-mawashi-geri Shiho-uchi i Haito-uchi Shiho-geri
KATA	do wyboru: Kanku-dai, Jion, Empi, Hangetsu
KUMITE	Jiyu-ippon-kumite (kontratak geri, uchi) Jiyu-kumite