

WYMAGANIA EGZAMINACYJNE NA STOPNIE KYU PZA					
6 KYU MIN 3 M-CE 20 DNI TRENINGOWYCH	5 KYU MIN 4 M-CE 30 DNI TRENINGOWYCH	4 KYU MIN 5 M-CY 40 DNI TRENINGOWYCH	3 KYU MIN 6 M-CY 50 DNI TRENINGOWYCH	2 KYU MIN 8 M-CY 60 DNI TRENINGOWYCH	1 KYU MIN 10 M-CY 80 DNI TRENINGOWYCH
SHOMEN UCHI: IKKYO IRIMI NAGE	SHOMEN UCHI: IKKYO NIKYO IRIMI NAGE KOTE GAESHI	SHOMEN UCHI: IKKYO NIKYO SANKYO IRIMI NAGE KOTE GAESHI	SHOMEN UCHI: IKKYO TW NIKYO TW SANKYO TW YONKYO TW IRIMI NAGE KOTE GAESHI	SHOMEN UCHI: IKKYO TW/SW NIKYO TW/SW SANKYO TW/SW YONKYO TW/SW GOKYO TW/SW IRIMI NAGE KOTE GAESHI	SHOMEN UCHI: IKKYO TW/SW NIKYO TW/SW SANKYO TW/SW YONKYO TW/SW GOKYO TW/SW IRIMI NAGE KOTE GAESHI KAYTEN NAGE
		KATA DORI: NIKYO TW SHIHO NAGE	KATA DORI: NIKYO TW SHIHO NAGE	KATA DORI: IKKYO TW/SW NIKYO TW/SW SANKYO TW/SW YONKYO TW/SW SHIHO NAGE	KATA DORI: IKKYO TW/SW NIKYO TW/SW SANKYO TW/SW YONKYO TW/SW SHIHO NAGE
			YOKOMEN UCHI: SHIHO NAGE IRIMI NAGE KOTE GAESHI	YOKOMEN UCHI: SHIHO NAGE IRIMI NAGE KOTE GAESHI	YOKOMEN UCHI: IKKYO TW/SW NIKYO TW/SW SANKYO TW/SW YONKYO TW/SW GOKYO TW/SW SHIHO NAGE IRIMI NAGE KOTE GAESHI UDE KIME NAGE KOKYU NAGE
					USHIRO RYOTEDORI: IKKYO TW NIKYO TW SANKYO TW YONKYO TW SHIHO NAGE IRIMI NAGE KOTE GAESHI
			TSUKI: CHUDAN IRIMI NAGE KOTE GAESHI	TSUKI: CHUDAN IRIMI NAGE KOTE GAESHI HIJI KIME OSAE	TSUKI: CHUDAN / JODAN IRIMI NAGE KOTE GAESHI KAYTEN NAGE HIJI KIME OSAE
KATATE DORI: AI HANMI SHIHO NAGE	KATATE DORI: AI HANMI SHIHO NAGE IRIMI NAGE	KATATE DORI: AI / GYAKU HANMI SHIHO NAGE IRIMI NAGE KOTE GAESHI	KATATE DORI: AI / GYAKU HANMI SHIHO NAGE IRIMI NAGE KOTE GAESHI UCHI KAYTENNAGE GYAKU HANMI SOTOKAITEN NAGE KOKYU HO	KATATE DORI: AI / GYAKU HANMI SHIHO NAGE IRIMI NAGE KOTE GAESHI UCHI KAYTENNAGE GYAKU HANMI SOTOKAITEN NAGE KOKYU HO	KATATE DORI: AI / GYAKU HANMI SHIHO NAGE IRIMI NAGE KOTE GAESHI UCHI KAYTENNAGE GYAKU HANMI SOTOKAITEN NAGE KOKYU HO JIU WAZA
			RYOTE DORI: SHIHO NAGE TENCHI NAGE KOKYU HO SW	RYOTE DORI: SHIHO NAGE TENCHI NAGE KOTE GAESHI IRIMI NAGE KOKYU NAGE JIU WAZA KOKYU HO SW	RYOTE DORI: SHIHO NAGE TENCHI NAGE KOKYU HO KOTE GAESHI IRIMI NAGE KOSHI NAGE KOKYU NAGE JIU WAZA
					MOROTE DORI: IKKYO SHIHO NAGE KOTE GAESHI KOKYU HO KOKYU NAGE JIU WAZA