

SKÚŠOBNÝ PORIADOK 4.kyu

UKEMI WAZA - technika pádov
cez prekážku –mae ukemi – yoko ukemi – voľný pád – ushiro ukemi

UKE WAZA - technika blokov
shuto uke – kake uke – hiza uke – osae uke

ATEMI WAZA – technika úderov a kopov
shuto uchi – yoko geri – fumi komi

KANSETSU WAZA- páky
kote gaeshi – tate hishigi – ude garami – tai waki gatame – ashi kansetsu waza –
jubi kansetsu waza – ashi gake

NAGE WAZA – technika hodov
seoi nage – tai otoshi – goshi guruma –irimi nage