

SKÚŠOBNÝ PORIADOK 5.kyu

UKEMI WAZA - technika pádov

mae ukemi – ushiro ukemi – yoko ukemi – zenpo ukemi – kotul vzad jutsu

UKE WAZA - technika blokov

jodan uke – ude uke – soto uke – nagashi uke – gedan uke – gedan barai- kakiwake uke

ATEMI WAZA – technika úderov a kopov

tsuki – uraken uchi – mae geri – kin geri – hiza geri

KANSETSU WAZA- páky

waki gatame – ude osae – ude garami henka waza

TEGATANA WAZA –technika vyslobodzovania

NAGE WAZA – technika hodov

o goshi – o soto gari

DACHI - postoje

zenkucu dachi – shiko dachi – musubi dachi – heiko dachi