

## SKÚŠOBNÝ PORIADOK PRE VŠETKY VÝKONOSTNÉ STUPNE

### UKEMI WAZA : technika pádov

**5.KYU** mae ukemi – ushiro ukemi – yoko ukemi – zenpo ukemi – kotul vzad jutsu  
**4.KYU** cez prekážku –mae ukemi – yoko ukemi – voľný pád – ushiro ukemi

### UKE WAZA : technika blokov

**5.KYU** jodan uke – ude uke – soto uke – nagashi uke – gedan uke – gedan barai-  
kakiwake uke

**4.KYU** shuto uke – kake uke – hiza uke – osae uke

### ATEMI WAZA – technika úderov a kopov

**5.KYU** tsuki – uraken uchi – mae geri – kin geri – hiza geri

**4.KYU** shuto uchi – yoko geri – fumi komi

**3.KYU** atama ate – nukite uchi – mavashi geri – kakato geri

**2.KYU** tensho tsuki – haito uchi – empi uchi – ushiro geri

**1.KYU** haishu – ura mavashi geri – mikazuki geri

**1.DAN** tetsui uchi – ura mikazuki geri

### KANSETSU WAZA – páky

**5.KYU** waki gatame – ude osae – ude garami henka waza

**4.KYU** kote gaeshi – tate hishigi – ude garami – tai waki gatame – ashi kansetsu waza  
jubi kansetsu waza – ashi gake

**3.KYU** kuzure kote gaeshi – kuzure kote mavashi – kuzure ude hishigi – ashi kujuki –  
ashi dori

**2.KYU** nykio – hara gatame – ude hishigi – gjaku juji –

**1.KYU** sankyo – hangetsu uke – kuzure gjaku kote gaeshi –kagato gaeshi –

ashi hishigi – kuzure ashi dori – ashi osae – do jime

**1.DAN** yonkio – ude hishigi juji gatame – páka na vezy

### TEGATANA WAZA –technika vyslobodzovania

**5.KYU**

### NAGE WAZA – technika hodov

**5.KYU** o goshi – o soto gari

**4.KYU** seoi nage – tai otoshi – goshi guruma –irimi nage

**3.KYU** o uchi gari – morote gari – sukui nage – tsuri komi goshi – kuzure irimi nage –  
irimi nage(aikido/

**2.KYU** ushiro goshi – harai goshi – kaiten nage – hiza maki komi – sumi gaeshi –  
ko uchi gari – kakato gaeshi

**1.KYU** tomoe nage – shiho nage – soto maki komi – tawara gaeshi –hasami gaeshi –  
yoko guruma –yoko wakare

**1.DAN** hane goshi – hane maki komi – sasai curi komi ashi – kata guruma – tani otoshi  
ushiro goshi – te guruma – uchi mata

### POSTOJE

**5.KYU** zenkucu dachi – shiko dachi – musubi dachi – heiko dachi