



1. DAN

IZPITNI PROGRAM

SEMINAR - MINIMALNO ŠTEVILO VSEH OPRAVLJENIH SEMINARJEV: 19

VSAJ **DVA** OD TEH 19 SEMINARJEV MORATA BITI TEDENSKA SEMINARJA V **KOBARIDU**.
 VSAJ **EN** OD TEH 19 SEMINARJEV PA MORA BITI **ZUNANJI SEMINAR** (SEMINAR, KI GA NE ORGANIZIRA NAŠ DOJO).
 PREOSTALIH 16 SEMINARJEV JE LAHKO POLJUBNIH.

SUWARI WAZA

SHOMEN UCHI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Gokyo	
Iriminage	<i>Omote, ura</i>
Kokyunage	
Sotokaitennage	
Kotegaeshi	

YOKOMEN UCHI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Gokyo	
Iriminage	<i>Omote, ura</i>
Kokyunage	
Kotegaeshi	

KATA DORI

Ikkyo	<i>Omote, ura</i>
Nikyo ura	<i>Omote, ura</i>
Iriminage	<i>Omote, ura</i>





RYOKATA DORI

Ikkyo	<i>Omote, ura</i>
Nikyo ura	<i>Omote, ura</i>
Kokyunage	

CHUDAN TSUKI

Iriminage	<i>Omote, ura</i>
Kotegaeshi	<i>Omote, ura</i>
Sotokaitennage	

JODAN TSUKI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>

HANMI HANDACHI WAZA

GYAKUHANMI KATATE DORI

Ikkyo	
Nikyo	
Sankyo	
Shihonage	<i>Omote, ura</i>
Iriminage	
Sotokaitennage	
Uchikaitennage	
Kokyunage	

RYOTE DORI

Shihonage
Kokyunage

USHIRO RYOKATA DORI

Ikkyo
Sankyo
Kotegaeshi
Kokyunage





TACHI WAZA

SHOMEN UCHI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Gokyo	
Iriminage	<i>Omote, ura</i>
Ushirokiritoshi	
Kotegaeshi	
Udekimenage	
Shihonage	
Nanamenage	
Aiki otoshi	
Uchikaitensankyo	
Uchikaitennage	
Sotokaitennage	
Koshinage	
Kokyunage	

YOKOMEN UCHI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Gokyo	
Iriminage	
Kotegaeshi	
Udekimenage	
Shihonage	
Nanamenage	
Aiki otoshi	
Koshinage	
Kokyunage	





KATATE RYOTE DORI

Ikkyo

Nikyo ura

Aihanmi, gyakuhanmi

Iriminage

Kotegaeshi

Koshinage

Kokyunage

Udekimenage

Shihonage

AIHANMI KATATE DORI

Ikkyo

Omote, ura

Nikyo

Omote, ura

Sankyo

Omote, ura

Yonkyo

Omote, ura

Iriminage

Kotegaeshi

Koshinage

Kokyunage

Uchikaitennage

Udekimenage

Shihonage

GYAKUHANMI KATATE DORI

Ikkyo

Omote, ura

Nikyo

Omote, ura

Sankyo

Omote, ura

Yonkyo

Omote, ura

Iriminage

Kotegaeshi

Koshinage

Kokyunage

Uchikaitensankyo

Uchikaitennage

Sotokaitennage

Udekimenage

Shihonage





RYOTE DORI

Ikkyo	<i>Omote, ura</i>
Iriminage	
Kotegaeshi	
Shihonage	
Udekimenage	
Tenshinage	<i>Omote, ura</i>
Koshinage	
Kokyunage	
Hijikimeosae	<i>Omote, ura</i>

MUNA DORI

Ikkyo
Nikyo ura
Uchikaitensankyo
Shihonage

CHUDAN TSUKI

Iriminage
Kotegaeshi
Udekimenage
Shihonage
Nanamenage
Uchikaitensankyo
Ikkyo
Hijikimeosae

KATA DORI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Iriminage	
Kokyunage	





RYOKATA DORI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Iriminage	
Kokyunage	

JODAN TSUKI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Iriminage	<i>Omote, ura</i>
Ushirokiritoshi	
Kotegaeshi	
Udekimenage	
Shihonage	
Nanamenage	
Aiki otoshi	
Uchikaitensankyo	
Uchikaitennage	
Koshinage	
Kokyunage	

KATA DORI MEN UCHI

Ikkyo	<i>Omote, ura (jodan, chudan)</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Iriminage	
Shihonage	
Kotegaeshi	
Koshinage	
Jujigarami	
Kokyunage	





USHIRO WAZA

ERI DORI

Ikkyo

Omote, ura

Nikyo

Iriminage

Shihonage

Kotegaeshi

Koshinage

RYOTE DORI

Ikkyo

Nikyo ura

Sankyo

Iriminage

Hijikimeosae

Kotegaeshi

Shihonage

Koshinage

Kokyunage

RYOKATA DORI

Ikkyo

Nikyo ura

Sankyo

Kotegaeshi

Kokyunage

KATATE DORI KUBI SHIME

Ikkyo

Nikyo

Sankyo

Koshinage

Kotegaeshi

Udekimenage

Shihonage

Kokyunage





TANTO DORI

CHUDAN TSUKI

Jiyuwaza

Najmanj 4 tehnike

SHOMEN UCHI (GYAKUTE)

Gokyo

YOKOMEN UCHI (HONTE)

Shihonage

Kotegaeshi

JO DORI

TSUKI

Jiyuwaza

Najmanj 4 tehnike

JO NAGE

RYOTE DORI

Jiyuwaza

Najmanj 4 tehnike

RAN DORI

RYOKATA DORI

Jiyuwaza

4 napadalci

*** ČLAN, KI OPRAVLJA IZPIT ZA 1. DAN MORA IMETI TUDI ZNANJE VSEH NIŽJIH STOPENJ.**

