



1. DAN

IZPITNI PROGRAM

TEHNIKE

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	
Kokyunage	
Sotokaitennage	
Kotegaeshi	

KATA DORI

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

Omote, ura

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	

AIHANMI KATATE DORI

Ikkyo	<i>Omote, ura</i>
Nikyo	<i>Omote, ura</i>
Sankyo	<i>Omote, ura</i>
Yonkyo	<i>Omote, ura</i>
Iriminage	
Kotegaeshi	
Koshinage	
Kokyunage	
Uchikaitennage	
Udekimenage	
Shihonage	





GYAKUHANMI KATATE DORI

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

KATATE RYOTE DORI

Ikkyo	
Nikyo ura	<i>Aihanmi, gyakuhanmi</i>
Iriminage	
Kotegaeshi	
Koshinage	
Kokyunage	
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

JO DORI

TSUKI

Jiyuwaza

Najmanj 4 tehnike

JO NAGE

RYOTE DORI

Jiyuwaza

Najmanj 4 tehnike

RAN DORI

RYOKATA DORI

Jiyuwaza

3 napadalci

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

