

# ISPITNI PROGRAM

Masatomi Ikeda 23.10.1999.



## 6. KYU

Neophodan uslov za polaganje ispita je najmanje 5 meseci aktivnog vežbanja, ili minimum 40 treninga.

Tachiwaza			
Shomenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
Katatetori Aihanmi	3	Ikkyo Omote	
	4	Ikkyo Ura	
Katatetori Gyakuhanmi	5	Shihonage Omote	
	6	Shihonage Ura	
Ryotetori	7	Tenchinage	
	8	Genkeikokyunage	

## 5. KYU

Neophodan uslov za polaganje ispita je najmanje 6 meseci aktivnog vežbanja nakon ispita za 6 KYU, ili minimum 50 treninga.

Tachiwaza			
Shomenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
	3	Ikkyo Omote	
	4	Ikkyo Ura	
	5	Sumiotoshi	
	6	Uchikaitennage	
Katatetori Aihanmi	7	Ikkyo Omote	
	8	Ikkyo Ura	
	9	Nikyo Omote	
	10	Nikyo Ura	
	11	Iriminage	
	12	Kotegaeshi	
Katatetori Gyakuhanmi	13	Shihonage Omote	
	14	Shihonage Ura	
	15	Tenchinage	
	16	Genkeikokyunage	
	17	Uchikaitennage	
	18	Sotokaitennage	
Ryotetori	19	Tenchinage	
	20	Genkeikokyunage	
	21	Shihonage Omote	
	22	Shihonage Ura	
Chudantsuki	23	Ikkyo ( Gokyo )	Uchisabaki
	24	Kotegaeshi	Sotosabaki

## 4. KYU

Neophodan uslov za polaganje ispita je najmanje 7 meseci aktivnog vežbanja nakon ispita za 5 KYU, ili minimum 60 treninga.

<b>Suwariwaza</b>			
Shomenuchi Kiawase	1	Ikkyo Omote	
	2	Ikkyo Ura	
<b>Tachiwaza</b>			
Shomenuchi Kiawase	3	Ikkyo Omote	
	4	Ikkyo Ura	
	5	Nikyo Omote	
	6	Nikyo Ura	
	7	Ikkyo Ura	Kakarigeiko ( 2 Uke )
Katatetori Aihanmi	8	Shihonage Omote	
	9	Shihonage Ura	
	10	Iriminage	
	11	Kotegaeshi	
	12	Udekimenage	
	13	Uchikaitennage	
Katatetori Gyakuhanmi	14	Ikkyo Omote	
	15	Ikkyo Ura	
	16	Kotegaeshi	
	17	Iriminage	
Ryotetori	18	Shihonage Omote	
	19	Shihonage Ura	
	20	Tenchinage	
	21	Genkeikokyunage	
	22	Udekimenage	
	23	Kiriotoshi ( Chinshin )	
Katate Ryotetori	24	Udekimenage	
	25	Kotegaeshi	Kigata
Ushiro Ryotetori	26	Kotegaeshi	
	27	Shihonage	
Katatori Menuchi	28	Kotegaeshi	
	29	Shihonage	
Yokomenuchi	30	Shihonage	
	31	Iriminage	
	32	Kotegaeshi	

### 3. KYU

Neophodan uslov za polaganje ispita je najmanje 8 meseci aktivnog vežbanja nakon ispita za 4 KYU, ili minimum 100 treninga.

<b>Suwariwaza</b>			
Shomenuchi Kiawase	1	Ikkyo Omote / Ura	
	2	Nikyo Omote / Ura	
	3	Iriminage	do Osae
Katatetori Gyakuhanmi	4	Shihonage	Hanmi Hantachi
<b>Tachiwaza</b>			
Shomenuchi Kiawase	5	Iriminage	
	6	Kotegaeshi	
	7	Sumiotoshi	
	8	Aikigoshi	
	9	Shihonage	
	10	Udekimenage	
	11	Uchikaitennage	
Katatetori Aihanmi	12	Ikkyo Ura	Kakarigeiko ( 3 Uke )
	13	Ikkyo Omote / Ura	
	14	Nikyo Omote / Ura	
	15	Sankyo Omote / Ura	
	16	Shihonage	
Katatetori Gyakuhanmi	17	Uchikaitensankyo	
	18	Uchikaitensankyo	
Ryotetori	19	Shihogirikokyunage	Irimi Tenkan Sabaki
	20	Torifunekokyunage	Irimi Tenkan Sabaki
Katate Ryotetori	21	Genkeikokyunage	Tanren Tenkan Sabaki
	22	Kiriotoshi	Kigata
	23	Maeotoshi	
	24	Hikiotoshi	
	25	Kotegaeshi	Kigata
Ushiro Ryotetori	26	Tenchinage	
	27	Genkeikokyunage	
Katatori Menuchi	28	Iriminage	
	29	Ikkyo	
Yokomenuchi	30	Kotegaeshi	Ushiroashi Irimi Tenkan
	31	Ikkyo	Kirioroshi
	32	Ipponseoi	Sankakutai

## 2. KYU

Neophodan uslov za polaganje ispita je najmanje 9 meseci aktivnog vežbanja nakon ispita za 3 KYU, ili minimum 110 treninga.

<b>Suwariwaza</b>			
Shomenuchi Kiawase	1	Ikkyo Omote / Ura	
	2	Sankyo Omote / Ura	
	3	Kotegaeshi	do Osae
<b>Tachiwaza</b>			
Shomenuchi Kiawase ( Uke: Maeashi Irimi Shomenuchi )	4	Iriminage	Baza i Varijante (Teorija Kotegaeshi)
	5	Kotegaeshi	Baza i Varijante (Teorija Iriminage)
	6	Sumiotoshi	Baza i Varijante
	7	Ikkyogoshi	Iz Ikkyo kuzushi
	8	Shihonage	do Osae
	9	Ikkyo Ura	Taninzutori
Katatetori Aihanmi	10	Iriminage	Tenkan Sabaki, iz Ikkyo Kuzushi
	11	Kotegaeshi	
	12	Nikyo Ura - Kotegaeshi	Renrakuhenka-Waza
	13	Sankyo	
Katatetori Gyakuhanmi	14	Sankyo	
Ryotetori	15	Kotegaeshi	Ushiroashi Irimi Tenkan i Maeashi Irimi Tenkan
	16	Iriminage	
Katate Ryotetori	17	Kaitenotoshi	
	18	Kotegaeshi	Tanren
	19	Iriminage	Baza i Varijante
Ushiro Ryotetori	20	Ikkyo	
	21	Nikyo	
	22	Shihonage	Karami Osae
Katatori Menuchi	23	Kotegaeshi	
	24	Shihonage	2 Forme, leva i desna
	25	Genkeikokyunage	
Chudantsuki	26	Hijikime Osae Omote / Ura	
	27	Iriminage	
Yokomenuchi	28	Udekimenage	Ushiroashi Irimi Tenkan
	29	Kotegaeshi	Makiotoshi
	30	Jiyuwaza	
Shomenuchi Kiawase	31	Ikkyo do Yonkyo	1.Maeashi Irimi: Omote 2.Ushiroashi Irimi: Ura
Chudantsuki	32	Ikkyo do Yonkyo	Ushiroashi Irimi Tenkan Tenshin: Omote

## 1. KYU

Neophodan uslov za polaganje ispita je najmanje 10 meseci aktivnog vežbanja nakon ispita za 2 KYU, ili minimum 160 treninga.

<b>Suwariwaza</b>			
Shomenuchi Kiawase	1	Ikkyo Omote / Ura	
	2	Yonkyo Omote/ Ura	
	3	Gyakuyonkyo Omote / Ura	
	4	Udegarami	do Osae
<b>Tachiwaza</b>			
Shomenuchi	5	Iriminage	1.Tori:Ushiroashi Irimi Tenkan Sabaki, Stav uvek desni ili uvek levi 2.Uke:Napad desnom ili levom rukom
	6	Kotegaeshi	1.Sankakutai Sabaki 2.Ura Sankakutai Sabaki (Hitoemi Sabaki)
	7	Aikiotoshi	Maeotoshi, Ushirootoshi
	8	Sankyogoshi	Iz Ikkyo Kuzushi
	9	Shihonage	Baza i Varijacije
	10	Iriminage	Taninzutori
Katatetori Aihanmi	11	Ikkyo Omote	Nikyo- i Sankyo- Kuzushi
	12	Aikigoshi i Kaitennage	Irimi Tenkan Sabaki
Katatetori Gyakuhanmi	13	Aikigoshi i Kaitennage	Tenkan Sabaki
Ryotetori	14	Shihonage	Varijante
	15	Tenchinage	
	16	Genkeikokyunage	
Katate Ryotetori	17	Jyujigarami	
	18	Jyujigarami---Kotegaeshi Jyujigarami---Iriminage	Renrakuhenka-Waza
	19	Kokyunage	Varijante sa Ushiroashi Irimi Tenkan Sabaki
Ushiro Ryotetori	20	Sankyo	
	21	Yonkyo	
	22	Jyujigarami	
Katatori Menuchi	23	Ikkyo	Tenkan Tenshin 2 Forme, desna - leva
	24	Iriminage	
	25	Tenchinage	
Chudantsuki	26	Soto Kaitennage	Udegarami- Nikyo Ura- Osae
	27	Udegarami Sankyonage	Teorija Sankyo
	28	Udegarami Yonkyonage	Teorija Yonkyo
Yokomenuchi	29	Shihonage	Ushiroashi Irimi Tenkan Kirioroshi Sabaki
	30	Iriminage	
	31	Jiyuwaza	
Chudantsuki	32	Ikkyo do Yonkyo	1.Ushiroashi Irimi Tenkan Tenshin: Omote 2.Maeashi Irimi: Ura
Katatetori Aihanmi	33	Ikkyo do Yonkyo	Maeashi Irimi: Omote

# 1. DAN

Neophodan uslov za polaganje ispita je minimum 14 godina starosti, najmanje 12 meseci aktivnog vežbanja nakon ispita za 1 KYU, ili minimum 200 treninga.

<b>Suwariwaza</b>			
Shomenuchi Kiawase	1	Ikkyo do Yonkyo Omote / Ura	
	2	Jiyuwaza	
<b>Tachiwaza</b>			
Shomenuchi Kiawase	3	Iriminage i Tenchinage ( Varijacije)	
	4	Kotegaeshi	Osnova i Varijacije, padovi
	5	Aikigoshi	Osnova i Varijacije, Hikitsuke
	6	Sumiotoshi	Osnova i Varijacije
	7	Udegarami	Nageosae
Shomenuchi	8	Jiyuwaza	
Katatetori Aihanmi	9	Ikkyo	1. Ushiroashi Irimi Tenkan Tenshin: Ura 2. Tenkan Tenshin: Omote
Katatetori Gyakuhanmi	10	Ikkyo	1.Ushiroashi Irimi Tenkan Tenshin: Omote 2.Tenkan Tenshin: Ura
Katatetori Aihanmi	11	Iriminage i Kotegaeshi	Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	12	Iriminage i Kotegaeshi	Jodan Sabaki
Katatetori Aihanmi	13	Jiyuwaza	
Katatetori Gyakuhanmi	14	Jiyuwaza	
Ryotetori	15	Kokyunage	1.Nentenmakiotoshi 2.Makiotoshi 3.Ostalo
Ryo Eritori	16	Kokyunage	Taninzutori
Katate Ryotetori	17	Shihonage	1.Tanren,Tenkan Tenshin Sabaki: 1.Jyujimusubi 2.Tekubigaeshi 2.Karamiosae,Tenkan Tenshin Sabaki: 3.Kamihanen Sa. 4.Shimohanen Sa. (Tori: Stav uvek desni ili uvek levi spreda, Tehnika na obe strane )
	18	Jiyuwaza	
Ushiro Ryotetori	19	Chinshin Kokyunage	
	20	Koshinage	
	21	Kotegaeshi	Varijante
	22	Jiyuwaza	
Katatori Menuchi	23	Ikkyo	1.Maeashi Irimi: Omote 2.Ushiroashi Irimi Tenkan: Ura 3.Tenkan Tenshin Uchinote: Omote 4.Tenkan Tenshin Katanote: Omote
	24	Jiyuwaza	Tenkan Tenshin Sabaki
Chudantsuki	25	Uchikaitensankyo	Ura Sabaki
	26	Shihonage	Omote Sabaki
	27	Jiyuwaza	
Yokomenuchi	28	Teguruma	
	29	Shihonage	1.Tori: Maeashi Tenkan, Mikiri Sabaki, zatim Ushiroashi Irimi Tenkan
	30	Kotegaeshi	2.Uke: Yokomenuchi,Gyaku-Yokomenuchi, Napada desnom - levo i desnom - desno
	31	Ikkyo do Gokyo	1.Ushiroashi Irimi Tenkan,Tatakiotoshi: Omote 2.Maeashi Irimi Irimi,Tatakiotoshi: Ura
Shomenuchi	32	Ikkyo do Gokyo	1.Maeashi Irimi: Omote 2.Ushiroashi Irimi Tenkan: Ura
Tanto	33	Tantotori	

## 2. DAN

Neophodan uslov za polaganje ispita je najmanje 3 godine aktivnog vežbanja nakon ispita za 1 DAN.

<b>Tachiwaza</b>			
Ushiro Ryotetori	1	Ikkyo do Yonkyo	1. Tenshin Maeashi Irimi: Omote 2. Tenshin Maeashi Irimi: Ura
Shomenuchi	2	Seoiguruma i Ipponseoi	
	3	Chinshin Kurumagaeshi i Aikiotoshi	
	4	Koshiguruma i Aikigoshi	
	5	Jiyuwaza	
	6	Ikkyo	
	7	Kotegaeshi i Ikkyo	Tori: Ushiroashi Irimi Tenkan Sabaki
Shomenuchi Kiawase	8	Jiyuwaza	
Katatetori Aihanmi	9	Yonkyogoshi i Aikigoshi	Tenkan Tenshin Sabaki i Irimi Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	10	Makiotoshi Koshinage i Aikigoshi	Irimi Tenkan Sabaki i Tenkan Tenshin Sabaki
Katatetori Aihanmi	11	Iriminage i Shihonage	Ushiroashi Irimi Tenkan Tenshin, Jodan Sabaki (za Gyakuhanmi: Tekubigaeshi)
Katatetori Gyakuhanmi	12	Iriminage i Shihonage	Razne varijante
	13	Kokyunage	
Katatetori Aihanmi	14	Jiyuwaza	
Ryotetori	15	Iriminage i Kotegaeshi	Varijante Taisabaki
	16	Jiyuwaza	
Katate Ryotetori	17	Jyujigarami	Nage i Osae
	18	Udekimenage, zatim varijante Kokyunage	
Ushiro Ryokatatori	19	Koshinage	Tenshin Maeashi Irimi i Tenshin Ushiroashi Irimi
	20	Genkeikokyunage	Jodan- i Chudan- Kuzushi
	21	Ikkyo, zatim Jiyuwaza	
Ushiro Ryotetori	22	Jiyuwaza	
Katatori Menuchi	23	4 Bazne Tehnike	( Ikkyo, Kotegaeshi, Iriminage, Shihonage )
	24	Tenchnage i Genkeikokyunage	
Chudantsuki	25	Iriminage i Kubijime	
	26	Ikkyo --- Kotegaeshi	Renrakuhenka-Waza
	27	Tenchnage i Genkeikokyunage	Taninzutori
Yokomenuchi	28	Shihonage i Ikkyo	1.Ushiroashi Irimi Tenkan, Tatakiotoshi 2.Maeashi Irimi, Chudan Kuzushi
	29	Iriminage i Kotegaeshi	1. Maeashi Irimi, Jodan Kuzushi 2. Ainuke
	30	Jiyuwaza	
	31	Ikkyo do Yonkyo	1.Ushiroashi Irimi Tenkan Tenshin, Tatakiotoshi: Omote 2.Maeashi Irimi, Ukenagashi: Ura
Tachi ( Boken )	32	Tachitori	( Tachi i Odrane od mača )

### 3. DAN

Neophodan uslov za polaganje ispita je najmanje 4 godine aktivnog vežbanja nakon ispita za 2 DAN, kao i iskustvo u uspešnom vođenju kluba.

<b>Tachiwaza</b>			
Katatori Menuchi	1	Ikkyo do Yonkyo	1.Tenkan Tenshin, Uchinote: Omote 2.Tenkan Tenshin, Katanote: Omote
Shomenuchi	2	Koshiguruma i Chinshin Koshiguruma	
	3	Seoiguruma i Chinshin Handachi Seoiguruma	
	4	Ipponseoinage i Teguruma	
	5	Jiyuwaza	
Katatetori Aihanmi	6	Shihonage	Tenkan Tenshin Sabaki, Kamihanen i Shimohanen
	7	Kotegaeshi i Iriminage	Varijante
Katatetori Gyakuhanmi	8	Jiyuwaza	
Ryotetori	9	Jyujimusubi Shihonage	Varijante
	10	Tekubigaeshi Shihonage	Varijante
	11	Torifunekokyunage	Zatim Varijante Kokyunage
Munetori	12	Hijikime Osae	Zatim Jiyuwaza
Katate Ryotetori	13	Genkeikokyunage	Irimi Ashi, Tenshin Ashi, Tenkan Ashi
	14	Kaitenkokyunage	Futaritori
	15	Shihonage	
	16	Karamiosae ( Teorija Ikkyo do Yonkyo )	
	17	Futaritori Ostali	
Ushiro Ryotetori	18	Tenchinage i Genkeikokyunage	1.Tenshin Maeashi Irimi, Jodan i Chudan 2.Tenshin Ushiroashi Irimi, Jodan i Chudan
Ushiro Kubijime	19	Shihonage i Sankyo	
	20	Jiyuwaza	
Katatori Menuchi	21	Kokyunage	Varijante
	22	Jiyuwaza	
Chudantsuki	23	Iriminage i Kiriotoshi	
	24	Tenchinage i Genkeikokyunage	
	25	Jiyuwaza	
Yokomenuchi	26	Iriminage i Kotegaeshi	1.Ushiroashi Irimi Tenkan, Tatakiotoshi 2.Maeashi Irimi, Chudan Kuzushi
	27	Shihonage i Ikkyo	1.Maeashi Irimi, Jodan Kuzushi 2.Ainuke
	28	Shihonage, Kotegaeshi, Ostalo	1.Tori: Maeashi Irimi Tenkan, Mikiri Sabaki zatim Jiyuwaza 2.Uke: Napada desnom - levo i desnom - desno ( Gyaku-Yokomenuchi )
	29	Jiyuwaza	Taninzutori
Katatetori Aihanmi	30	Ikkyo do Yonkyo	1.Tenkan Tenshin: Omote 2.Irimi Tenkan Tenshin: Ura
Katatetori Gyakuhanmi	31	Ikkyo do Yonkyo	1.Irimi Tenkan Tenshin: Omote 2.Tenkan Tenshin: Ura
Buki	32	Bukitori	( Tantotori, Tachitori, Jotori i Josabaki )



## 4. DAN

Neophodan uslov za polaganje ispita je najmanje 5 godina aktivnog vežbanja nakon ispita za 3 DAN, kao i iskustvo u uspešnom vođenju kluba.

<b>Tachiwaza</b>			
Yokomenuchi	1	Ikkyo do Yonkyo	Omote, Ura Ushiroashi Irimi Tenkan, Kirioroshi
Shomenuchi Kiawase	2	Ikkyogoshi do Yonkyogoshi	Renrakuhenka-Waza
	3	Iriminage, Tenchinage, Kubijime	
	4	Kotegaeshi, Genkeikokyunage, Udehishigi	
	5	Shihonage, Udekimenage, Udekimekoshinage	
	6	Ikkyo, Udegaraminage, Gyaku-Hijikimeosae	Za Udegaraminage: Teorija Sankyo
Jodantsuki	7	Jiyuwaza	
Katatetori Gyakuhanmi	8	Shihonage, Furizukikokyunage ili Kokyunage	1.Tori: Tenkan Tenshin Sabaki 2.Uke: Normalno -- Shihonage Vuče -- Furizukikokyunage Blokira -- Kokyunage
Katatetori Aihanmi	9	Ikkyo	Ikkyo- do Yonkyo- Kuzushi ( Ikkyo Ura, tri varijante Ikkyo Omote )
	10	Ikkyo, Iriminage	Renrakuhenka-Waza, Tenkan Sabaki (Kamihanen, Shimohanen)
	11	Jiyuwaza	
Katatetori Gyakuhanmi	12	Jiyuwaza	
Ryotetori	13	Tenchinage, Genkeikokyunage	Varijante, zatim Jiyuwaza
Ryoeritori	14	Kaitenkokyunage	Zatim Jiyuwaza
	15	Yonintori	Zatim Taninzutori
Katate Ryotetori	16	Kotegaeshi	Kigata, Tanren: Kamihanen, Shimohanen ( Tori okreće uvek istu stranu, Tehnika desno i levo )
	17	Iriminage	
	18	Kokyunage	Varijante
	19	Futaritori Jiyuwaza	Tanren, Kigata
Ushiro Ryokatatori	20	Chinshin Kokyunage	
	21	Iriminage, Kotegaeshi, Shihonage, Ikkyo	
	22	Genkeikokyunage	
Ushiro Hijitori	23	Jiyuwaza	
Katatori Menuchi	24	Jiyuwaza	1. Maeashi Irimi 2. Ushiroashi Irimi 3. Tenkan Tenshin
Chudantsuki	25	Ikkyo, Hijikimeosae, Uchikaiten Sankyo, Shihonage, Udegarami	Spolja ili iznutra
	26	Taninzutori	Sa Furizuki Kokyunage, Tenchinage, Genkeikokyunage
Yokomenuchi	27	Kotegaeshi Ikkyo Teguruma Ipponseoinage	Maeashi Irimi ( Hitoemi ) Maeashi Irimi ( Sankakutai ) Ushiroashi Irimi ( Hitoemi ) Ushiroashi Irimi ( Sankakutai )
	28	Shihonage, Ikkyo	Ainuke
	29	Jiyuwaza	
Katate Ryotetori	30	Ikkyo do Yonkyo	Tenkan Tenshin Kamihanen: Omote Shimohanen: Ura
Tachi	31	Tachitori	
	32	Aikiken	