

WYMAGANIA EGZAMINACYJNE PZK

9 kyu – pas biały

KIHON

Oi-zuki
Age-uke
Soto-uke
Uchi-uke
Gedan-barai
Mae-geri

KUMITE

Gohon-kumite

KATA

Taikyoku-schodan

6 kyu – pas zielony

KIHON

Sanbon-zuki
Age-uke \ Gyaku-zuki
Soto-uke \ Kizami-uraken-uchi \ Gyaku-zuki
Uchi-uke \ Kizami-zuki \ Gyaku-nukite
Shuto-uke \ Kizami-mae-geri \ Gyaku-nukite
Shuto-uchi
Yoki-empi-uchi
Mae-geri
Mae-ren-geri chudan/jodan (z międzykrokiem)
Yoko-geri keage
Yoko-geri kekomi
Mawashi-geri
Ura-mawashi-geri
Shiho-gyaku-zuki

KUMITE

Kihon-ippon-kumite

KATA

Heian-sandan

8 kyu – pas złoty

KIHON

Oi-zuki
Age-uke \ Gyaku-zuki
Soto-uke \ Gyaku-zuki
Uchi-uke \ Gyaku-zuki
Gedan-barai \ Gyaku-zuki
Mae-geri
Yoko-geri keage (w kiba-dachi)
Yoko-geri kekomi (w kiba-dachi)

KUMITE

Gohon-kumite

KATA

Heian-schodan

5 kyu – pas niebieski

KIHON

Sanbon-zuki
Age-uke \ Gyaku-zuki
Soto-uke \ Yoki-empi-uchi \ Gyaku-zuki
Uchi-uke \ Gyaku-empi-uchi
Shuto-uke \ Kizami-mae-geri \ Gyaku-nukite
Haito-uchi
Mae-geri
Kizami-mae-geri \ Mae-geri
Yoko-geri keage
Yoko-geri kekomi
Mawashi-geri
Ura-mawashi-geri
Ushiro-geri
Mae-geri \ Mawashi-geri (z międzykrokiem)
Shiho-uraken-uchi

KUMITE

Kihon-ippon-kumite

KATA

Heian-yodan

7 kyu – pas pomarańczowy

KIHON

Oi-zuki
Age-uke \ Gyaku-zuki
Soto-uke \ Gyaku-zuki
Uchi-uke \ Kizami-zuki \ Gyaku-zuki
Shuto-uke \ Gyaku-nukite
Mae-geri
Mae-ren-geri chudan/jodan (z międzykrokiem)
Yoko-geri keage
Yoko-geri kekomi
Mawashi-geri

KUMITE

Gohon-kumite

KATA

Heian-nidan

4 kyu – pas niebieski

KIHON

Sanbon-zuki
Age-uke \ Gyaku-zuki \ Age-empi
Soto-uke \ Yoki-empi-uchi \ Uraken-uchi
Uchi-uke \ Kizami-zuki \ Gyaku-zuki
Shuto-uke \ Kizami-mae-geri \ Gyaku-nukite
Mawashi-shuto-uchi \ Gyaku-haito-uchi
Mae-geri
Yoko-geri keage
Yoko-geri kekomi
Mawashi-geri
Ura-mawashi-geri
Ushiro-geri
Mawashi-geri \ Ushiro-geri (z międzykrokiem)
Shiho-gyaku-zuki
Shiho-empi-uchi

KUMITE

Kihon-ippon-kumite (kontra uchi lub geri)

KATA

Heian-godan

3 kyu – pas brązowy

KIHON

Sanbon-zuki
Age-uke \ Gyaku-zuki \ Age-empi
Soto-uke \ Yoki-empi-uchi \ Uraken-uchi \ Gyaku-zuki
Uchi-uke \ Kizami-zuki \ Gyaku-zuki
Shuto-uke \ Kizami-mae-geri \ Gyaku-nukite \ Uraken-uchi \ Gyaku-zuki
Sanbon-mae-geri
Yoko-geri keage \ Yoko-geri kekomi (tą samą nogą)
Mawashi-geri \ Yoko-geri kekomi
Ura-mawashi-geri
Ushiro-geri
Shiho-gyaku-zuki
Shiho-empi-uchi
Shiho-geri

KUMITE

Jiyu-ippon-kumite

KATA

Tekki-shodan

2 kyu – pas brązowy

KIHON

Sanbon-zuki
Age-uke \ Gyaku-zuki \ Kizami-zuki
Soto-uke \ Yoki-empi-uchi \ Uraken-uchi \ Gyaku-zuki
Uchi-uke \ Gyaku-empi-uchi \ Kizami-uraken-uchi
Shuto-uke \ Kizami-mae-geri \ Gyaku-nukite \ Kizami-uraken-uchi \ Gyaku-empi-uchi
Sanbon-mae-geri
Kizami-mawashi-geri \ Mawashi-geri
Ura-mawashi-geri \ Mawashi-geri \ Yoko-geri (tą samą nogą)
Ushiro-geri \ Mawashi-geri (tą samą nogą)
Yoko-geri \ Uraken-uchi \ Gyaku-zuki
Shiho-uchi
Shiho-geri

KUMITE

Jiyu-ippon-kumite

KATA

Bassai dai

1 kyu – pas brązowy

KIHON

Oi-zuki
Sanbon-zuki
Tokui-waza (kombinacja do walki wolnej)
Mae-geri chudan/jodan (tą samą nogą)
Sanbon-mae-geri
Yoko-geri keage \ Yoko-geri kekomi (w kiba-dachi z przejściem)
Mawashi-geri chudan/jodan (tą samą nogą)
Ura-mawashi-geri chudan/jodan (tą samą nogą)
Ushiro-geri chudan/jodan (tą samą nogą)
Mae-geri \ Yoko-geri \ Mawashi-geri \ Ushiro-geri \ Ura-mawashi-geri
Shuto-uchi \ Haito-uchi (Shiho-uchi \ Haito-uchi)
Shiho-geri

KUMITE

Jiyu-ippon-kumite

Jiyu kumite

KATA

Jedno z kata:

Kanku-dai
Jion
Enpi
Hangetsu

