

Dorośli

Wymagania egzaminacyjne SHUDOKAN AIKIDO



KATOWICE 2017

8 KYU - BIAŁO ŻÓŁTY PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Shikko ho
- Kihon dosa:
 - 1) Tai no henko ichi
 - 2) Tai no henko ni
 - 3) Hiriki no yosei ichi
 - 4) Hiriki no yosei ni
 - 5) Shumatsu dosa ichi
 - 6) Shumatsu dosa ni
- Rensoku dosa ichi *
- Rensoku dosa ni *

Ukemi (pady i przewroty)

- Pad ichi
- Pad ni
- Pad san
- Zenpo ukemi *
- Koho ukemi *

7 KYU - ŻÓŁTY PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Shikko ho
- Kihon dosa
- Rensoku dosa ichi *
- Rensoku dosa ni *

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *

Kihon waza (techniki podstawowe)

- Katate mochi shihonage ichi *
- Katate mochi shihonage ni *
- Shomen uchi ikkajo ichi *
- Shomen uchi ikkajo ni *

6 KYU - ZIELONY PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Shikko ho
- Kihon dosa
- Rensoku dosa ichi *
- Rensoku dosa ni *

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *

Kihon waza (techniki podstawowe)

- Yokomen uchi ikkajo ichi *
- Yokomen uchi ikkajo ni *
- Yokomen uchi shihonage ichi *
- Yokomen uchi shihonage ni *
- Shomen uchi nikajo ichi *
- Shomen uchi nikako ni *

Oyo waza (techniki ponadpodstawowe)

- Shomen tsuki go waza *

5 KYU - NIEBIESKI PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Shikko ho
- Kihon dosa *
- Rensoku dosa ichi/ni *

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *

Kihon waza (techniki podstawowe)

- **Mune mochi ikkajo ichi ***
- Mune mochi ikkajo ni *
- **Shomen uchi sankajo ichi ***
- Shomen uchi sankajo ni *
- **Shomen uchi yonkajo ichi ***
- Shomen uchi yonkajo ni *
- **Katate mochi sokumen iriminage ichi ***
- Katate mochi sokumen iriminage ni *

Oyo waza (techniki ponadpodstawowe)

- **Shomen uchi go waza ***
- Ippon mae kumite

4 KYU - POMARAŃCZOWY PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Kihon dosa w kata*
- Rensoku dosa ichi/ni *

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *
- Zenpo hiyaku ukemi *

Kihon waza (techniki podstawowe)

- **Yokomen uchi yonkajo ichi ***
- Yokomen uchi yonkajo ni *
- **Katate mochi hijishime ichi ***
- Katate mochi hijishime ni *
- **Ryote mochi tenchinage ichi ***
- Ryote mochi tenchinage ni *
- **Shomen uchi shomen iriminage ichi ***
- Shomen uchi shomen iriminage ni *

Oyo waza (techniki ponadpodstawowe)

- **Katate ai mochi go waza ***
- Nihon mae kumite

3 KYU - BRĄZOWY PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Kihon dosa w kata *
- Rensoku dosa ichi/ni *

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *
- Zenpo hiyaku ukemi *

Kihon waza (techniki podstawowe)

- (S) Yokomen uchi sankajo ichi *
- (S) Yokomen uchi sankajo ni *
- (S) Shomen tsuki kotegaeshi ichi *
- (S) Shomen tsuki kotegaeshi ni *
- Ushiro ryote mochi ikkajo ichi *
- Ushiro ryote mochi ikajo ni *

Shitei waza (techniki dodatkowe)

- Ryote mochi shihonage ichi *
- Ryote mochi shihonage ni *
- Yokomen uchi shihonage ichi *
- Yokomen uchi shihonage ni *
- (S) Yokomen uchi ikkajo ichi *
- (S) Yokomen uchi ikkajo ni *
- (S) Kata mochi ikkajo ichi *
- (S) Kata mochi ikkajo ni *

Buki (broń)

- Bokken – ippon mae

Oyo waza (techniki ponadpodstawowe)

- Katate mochi go waza *
- Sanbon mae kumite
- Shomen tsuki jiyu waza

2 KYU - BRĄZOWY PAS Z CZARNĄ BELKĄ

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza Ho
- Kihon dosa z partnerem *
- Rensoku dosa ichi/ni *

Buki (broń)

- Bokken – ippon mae, nihon mae, sanbon mae
- **Jo – ippon mae**

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *
- Zenpo hiyaku ukemi *

Oyo waza (techniki ponadpodstawowe)

- **Yonhon mae kumite**
- Yokomen uchi go waza *
- Shomen uchi jiyu waza

Kihon waza (techniki podstawowe)

- **Ushiro ryote mochi shihonage ichi ***
- **Ushiro ryote mochi shihonage ni ***
- (S) Shomen uchi kotegaeshi ichi *
- (S) Shomen uchi kotegaeshi ni *
- **(S) Shomen uchi hijishime ichi ***
- **(S) Shomen uchi hijishime ni ***
- Hanmi handachi katate mochi shihonage ichi *
- Hanmi handachi katate mochi shihonage ni *
- **Hanmi handachi ryote mochi shihonage ***

Shitei waza (techniki dodatkowe)

- **(S) Yokomen uchi nikajo ichi ***
- **(S) Yokomen uchi nikajo ni ***
- **(S) Yokomen uchi yonkajo ichi ***
- **(S) Yokomen uchi yonkajo ni ***
- (S) Mune mochi nikajo ichi *
- (S) Mune mochi nikajo ni *

1 KYU - BRĄZOWO CZARNY PAS

Kihon (podstawy)

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza ho
- Kihon dosa z partnerem *

Buki (broń)

- Bokken – ippon mae, nihon mae, sanbon mae, yonhon mae, gohon mae
- Jo – ippon mae, nihon mae

Ukemi (pady i przewroty)

- Ichi, ni, san
- Zenpo ukemi *
- Koho ukemi *
- Zenpo hiyaku ukemi *

Oyo waza (techniki ponadpodstawowe)

- Shomen tsuki tanto go waza (ostre) *
- Shomen tsuki jiyu waza, Shomen uchi jiyu waza, Yokomen uchi jiyu waza
- Tanto jiyu waza (drewniane)

Kihon waza (techniki podstawowe)

- (S) Yokomen uchi shomen iriminage ichi *
- (S) Yokomen uchi shomen iriminage ni *
- Ushiro ryote mochi sankajo ichi *
- Ushiro ryote mochi sankajo ni *
- (S) Kata mochi nikajo ichi *
- (S) Kata mochi nikajo ni *
- (S) Kata mochi sokumen iriminage ichi *
- (S) Kata mochi sokumen iriminage ni *
- Suwari waza ryote mochi kokyu ho ichi *
- Suwari waza ryote mochi kokyu ho ni *
- Shomen uchi shihonage *

Shitei waza (techniki dodatkowe)

- (S) Katate mochi sankajo ichi *
- (S) Katate mochi sankajo ni *
- (S) Ryote mochi tenchinage ichi *
- (S) Ryote mochi tenchinage ni *
- (S) Hiji mochi yonkajo ichi *
- (S) Hiji mochi yonkajo ni *
- Ryote mochi shihonage ichi *
- Ryote mochi shihonage ni *
- (S) Shomen uchi kotegaeshi ichi *
- (S) Shomen uchi kotegaeshi ni *

CYKL MISTRZOWSKI - ETAP 1 (MIN. 6 MIESIĘCY OD EGZAMINU NA 1 KYU)

Forma egzaminu

- | | |
|-------------------------------------|------------------------|
| 1. Migi hanmi no kamae | 9. Shitei waza #1 |
| 2. Hidari hanmi no kamae | 10. Shitei waza #2 |
| 3. Hiriki no yosei ichi | 11. Shitei waza #3 |
| 4. Hiriki no yosei ni | 12. Shitei waza #4 |
| 5. Broń – Bokken, Jo | 13. Shumatsu dosa ichi |
| 6. Shomen uchi kotegaeshi ichi | 14. Shumatsu dosa ni |
| 7. Yokomen uchi shomen iriminage ni | 15. Shitei jiyu waza |
| 8. Shomen uchi ikkayo ichi | 16. Shitei jiyu waza |

Shitei waza

- | | |
|---|--|
| • Katate mochi shihonage ichi/ni * | • (S) Shomen uchi yonkajo ichi/ ni * |
| • Ryote mochi shihonage ichi/ni * | • (S) Yokomen uchi yonkajo ichi/ni * |
| • Yokomen uchi shihonage ichi/ni * | • (S) Katate mochi yonkajo ichi/ni * |
| • Hanmi handachi katate mochi shihonage ichi/ni * | • (S) Katate mochi sokumen iriminage ichi/ni * |
| • (S) Shomen uchi nikajo ichi/ni * | • (S) Kata mochi sokumen iriminage ichi/ni * |
| • (S) Yokomen uchi nikajo ichi/ni * | • (S) Shomen uchi shomen iriminage ichi/ni * |
| • (S) Shomen uchi sankajo ichi/ni * | • (S) Yokomen uchi shomen iriminage ichi/ni * |
| • (S) Yokomen uchi sankajo ichi/ni * | |
| • (S) Kata mochi sankajo ichi/ni * | |
| • Ushiro ryote mochi sankajo ichi/ni * | |
| • Ushiro katate eri mochi sankajo ichi/ni * | |

Shitei jiyuwaza

- Shomen uchi
- Yokomen uchi
- Ryote mochi

Bokken

- Roppon mae (6)
- Nanahon mae (7)
- Happon mae (8)

Kumite

- Ippon mae
- Nihon mae
- Sanbon mae
- Yonhon mae

Jo

- Ippon mae (1)
- Nihon mae (2)
- Sanbon mae (3)

CYKL MISTRZOWSKI - ETAP 2 (MIN. 6 MIESIĘCY OD 1 ETAPU)

Forma egzaminu

- | | |
|-------------------------------------|------------------------|
| 1. Migi hanmi no kamae | 9. Shitei waza #1 |
| 2. Hidari hanmi no kamae | 10. Shitei waza #2 |
| 3. Hiriki no yosei ichi | 11. Shitei waza #3 |
| 4. Hiriki no yosei ni | 12. Shitei waza #4 |
| 5. Broń – Bokken, Jo | 13. Shumatsu dosa ichi |
| 6. Shomen uchi kotegaeshi ichi | 14. Shumatsu dosa ni |
| 7. Yokomen uchi shomen iriminage ni | 15. Shitei jiyu waza |
| 8. Shomen uchi ikkajo ichi | 16. Shitei jiyu waza |

Shitei waza

- | | |
|--|--|
| • (S) Shomen uchi ikkajo ichi/ni * | • (S) Katate mochi hijiate kokyunage ichi/ni * |
| • (S) Yokomen uchi ikkajo ichi/ni * | • (S) Shomen uchi hijiate kokyunage ichi/ni * |
| • (S) Katate mochi ikkajo ichi/ni * | • (S) Ryote mochi tenchinage ichi/ni * |
| • (S) Kata mochi ikkajo ichi/ni * | • (S) Shomen uchi kotegaeshi ichi/ni * |
| • Ushiro ryote mochi ikkajo ichi/ni * | • (S) Yokomen uchi kotegaeshi ichi/ni * |
| • Ushiro katate eri mochi ikkajo ichi/ni * | • (S) Shomentsuki kotegaeshi ichi/ni * |
| • (S) Katate mochi nikajo ichi/ni * | • Suwari waza ryote mochi kokyu ho ichi * |
| • (S) Kata mochi nikajo ichi/ni * | • Suwari waza ryote mochi kokyu ho ni* |
| • (S) Shomen uchi hijishime ichi/ni * | • Suwari waza ryote mochi kokyu ho san * |
| • (S) Yokomen uchi hijishime ichi/ni * | |
| • (S) Kata mochi hijishime ichi/ni * | |
| • (S) Mune mochi hijishime ichi/ni * | |

Shitei jiyuwaza

- Katate mochi
- Shomen tsuki

Bokken

- Kyuhon mae (9)
- Jiyuhon mae (10)

Kumite

- Ippon mae
- Nihon mae
- Sanbon mae
- Yonhon mae

Jo

- Yonhon mae (4)

SHODAN - CZARNY PAS (MIN. 2 MIESIĄCE OD ZALICZENIA 2 ETAPU)

Forma egzaminu

- | | |
|-------------------------------------|------------------------|
| 1. Migi hanmi no kamae | 9. Shitei waza #1 |
| 2. Hidari hanmi no kamae | 10. Shitei waza #2 |
| 3. Hiriki no yosei ichi | 11. Shitei waza #3 |
| 4. Hiriki no yosei ni | 12. Shitei waza #4 |
| 5. Broń – Bokken, Jo | 13. Shumatsu dosa ichi |
| 6. Shomen uchi kotegaeshi ichi | 14. Shumatsu dosa ni |
| 7. Yokomen uchi shomen iriminage ni | 15. Shitei jiyu waza |
| 8. Shomen uchi ikkajo ichi | 16. Shitei jiyu waza |

Shitei waza

- | | |
|---|--|
| • Katate mochi shihonage ichi/ni | • (S) Shomen uchi yonkajo ichi/ ni * |
| • Ryote mochi shihonage ichi/ni | • (S) Yokomen uchi yonkajo ichi/ni * |
| • Yokomen uchi shihonage ichi/ni | • (S) Katate mochi yonkajo ichi/ni * |
| • Hanmi handachi katate mochi shihonage ichi/ni | • (S) Katate mochi sokumen iriminage ichi/ni * |
| • Hanmi handachi ryote mochi shihonage | • (S) Kata mochi sokumen iriminage ichi/ni * |
| • (S) Shomen uchi ikkajo ichi/ni * | • (S) Shomen uchi shomen iriminage ichi/ni * |
| • (S) Yokomen uchi ikkajo ichi/ni * | • (S) Yokomen uchi shomen iriminage ichi/ni * |
| • (S) Katate mochi ikkajo ichi/ni * | • (S) Shomen uchi hijishime ichi/ni * |
| • (S) Kata mochi ikkajo ichi/ni * | • (S) Yokomen uchi hijishime ichi/ni * |
| • Ushiro ryote mochi ikkajo ichi/ni * | • (S) Kata mochi hijishime ichi/ni * |
| • Ushiro katate eri mochi ikkajo ichi/ni * | • (S) Mune mochi hijishime ichi/ni * |
| • (S) Katate mochi nikajo ichi/ni * | • (S) Katate mochi hijiate kokyunage ichi/ni * |
| • (S) Kata mochi nikajo ichi/ni * | • (S) Shomen uchi hijiate kokyunage ichi/ni * |
| • (S) Shomen uchi nikajo ichi/ni * | • (S) Shomen uchi kotegaeshi ichi/ni * |
| • (S) Yokomen uchi nikajo ichi/ni * | • (S) Yokomen uchi kotegaeshi ichi/ni * |
| • (S) Shomen uchi sankajo ichi/ni * | • (S) Shomentsuki kotegaeshi ichi/ni * |
| • (S) Yokomen uchi sankajo ichi/ni * | • (S) Ryote mochi tenchinage ichi/ni * |
| • (S) Kata mochi sankajo ichi/ni * | • Suwari waza ryote mochi kokyu ho ichi * |
| • Ushiro ryote mochi sankajo ichi/ni * | • Suwari waza ryote mochi kokyu ho ni * |
| • Ushiro katate eri mochi sankajo ichi/ni * | • Suwari waza ryote mochi kokyu ho san * |

Shitei jiyuwaza

- | | |
|----------------|----------------|
| • Shomen uchi | • Yokomen uchi |
| • Shomen tsuki | • Katate mochi |
| • Ryote mochi | • Tanto |

Bokken

- | | |
|--------------|---------------|
| • Ippon mae | • Roppon mae |
| • Nihon mae | • Nanahon mae |
| • Sanbon mae | • Happon mae |
| • Yonhon mae | • Kyuhon mae |
| • Gohon mae | • Jiyuhon mae |

Kumite

- Ippon mae
- Nihon mae
- Sanbon mae
- Yonhon mae

Jo

- Ippon mae (1)
- Nihon mae (2)
- Sanbon mae (3)
- Yonhon mae (4)