

7.KYU SARI KEMER

KIHON TSUKI + KERI – TEMEL TEKNİK

- 1- Gedan Barai – Mawate Gedan Barai
- 2- Jodan Uke – Mawate Jodan Uke
- 3- Junzuki Chudan – Mawate Jodan Uke
- 4- Gyakuzuki Chudan – Mawate Gedan Barai
- 5- Maegeri Chudan
- 6- Surukomi Maegeri Jodan
- 7- Sokuto Fumikomi

RENZOKU WAZA – KOMBINASYON

- 1- Chudan Maegeri – Gyakuzuki
- 2- Chudan Surukomi Maegeri – Gyakuzuki

KATA

- 1- Pinan Nidan
-

6.KYU TURUNCU KEMER

KIHON ZUKI + KERI – TEMEL TEKNİK

- 1- Junzuki No Tsukomi
- 2- Gyakuzuki No Tsukomi
- 3- Uchi Uke Jodan
- 4- Soto Uke Jodan
- 5- Shuto Uke Jodan
- 6- Uraken Uchi – No Tsukomi Dachı
- 7- Mawashıgeri Chudan

RENZOKU WAZA – KOMBINASYON

- 1- Maegeri Chudan – Mawashıgeri Chudan – Gyakuzuki Chudan
- 2- Surıkomı Maegeri Chudan – Mawashıgeri Chudan – Gyakuzuki Chudan
- 3- Maegeri Chudan – Gyakuzuki Chudan – Mawashıgeri Chudan
- 4- Surıkomı Maegeri Chudan – Gyakuzuki Chudan – Mawashıgeri Chudan

SANBON KUMITE – EŞLİ TEKNİK

- 1- Chudan Uke (Soko Uke) Ipponme – Maegeri Gyakuzuki
- 2- Chudan Uke (Uchi Uke) Nihonme – Empi

KATA

- 1- Pinan Nidan
- 2- Pinan Shodan

5.KYU YEŞİL KEMER

KIHON ZUKİ + KERİ – TEMEL TEKNİK

- 1- Maegeri Junzuki
- 2- Maegeri Gyakuzuki
- 3- Shuto Uke – Nüküte / Mawate Gedan Barai Nüküte
- 4- Tobikomı Zuki
- 5- Maegeri Tobikomı Zuki
- 6- Surikomı Mawashıgeri Chudan
- 7- Surikomı Sokuto Chudan

RENZOKU WAZA – KOMBİNASYON

- 1- Maegeri Chudan – Sokuto Fumikomı – Gyakuzuki Chudan
- 2- Surikomı Maegeri Chudan – Sokuto Chudan – Gyakuzuki Chudan
- 3- Maegeri Chudan – Junzuki Chudan – Sokuto Chudan
- 4- Maegeri Chudan – Junzuki Jodan – Surikomı Sokuto Chudan

SANBON KUMITE – EŞLİ TEKNİK

- 1- Chudan Maegeri Uke Ipponme – Uchi Harai / Gyakuzuki
- 2- Chudan Maegeri Uke Nihonme – Uchi Harai / Gyakuzuki
- 3- Chudan Maegeri Uke Sanbonme - Soto Harai/Gyakuzuki
- 4- Chudan Maegeri Uke Yonhonme – Soto Harai/Gyakuzuki
- 5- Chudan Maegeri Uke Gohonme – Soto Harai/Gyakuzuki
- 6- Chudan Maegeri Uke Ropponme – Uchi Harai/Gyakuzuki

KATA

- 1- Pinan Shodan
- 2- Pinan Sandan

JIYU KUMITE

4.KYU MAVİ KEMER

KIHON ZUKİ + KERİ – TEMEL TEKNİK

- 1- Maegeri Junzuki
- 2- Maegeri Gyakuzuki
- 3- Maegeri Junzuki No Tsukomi
- 4- Maegeri Gyakuzuki No Tsukomi
- 5- Nagashi Zuki
- 6- Ushirogeri
- 7- Sokuto Chudan
- 8- Sokutei Uke – Sokutogeri
- 9- Maetobigeri Jodan

RENZOKU WAZA – KOMBİNASYON

- 1- Mawashigeri Chudan – Ushirogeri Chudan – Gyakuzuki Chudan
- 2- Surikomi Sokuto Fumikomi – Ushirogeri Chudan – Uraken Jodan
- 3- Jodan Uke – Maegeri Chudan – Tobikomi Zuki Jodan

SANBON KUMITE – EŞLİ TEKNİK

- 1- Jodan Uke Ipponme
- 2- Jodan Uke Nihonme
- 3- Jodan Uke Sanbonme
- 4- Jodan Uke Yonhonme

KATA

- 1- Pinan Sandan
- 2- Pinan Yondan

JİYU KUMITE

3.KYU KAHVERENGİ KEMER (I)

KIHON ZUKİ + KERİ – TEMEL TEKNİK

- 1- Maegeri Junzuki
- 2- Maegeri Gyakuzuki
- 3- Maegeri Junzuki No Tsukomi
- 4- Maegeri Gyakuzuki No Tsukomi
- 5- Tobıkomı Zuki
- 6- Nagashı Zuki
- 7- Ushirogeri
- 8- Sokutei Uke – Sokutogeri

RENZOKU WAZA – KOMBİNASYON

- 1- Nagashı Zuki Jodan - Mawashıgeri Chudan – Ushirogeri Chudan – Mae Hizageri Uchi Uke - Gyakuzuki Chudan
- 2- Tobıkomı Zuki Jodan – Maegeri Chudan – Soto Uke Jodan – Gyakuzuki Chudan
- 3- Junzuki No Tsukomi – Mawashıgeri Jodan – Hizageri – Yokı Kıbo Dachı – Empi Uchi Chudan

SANBON KUMİTE – EŞLİ TEKNİK

- 1- Chudan Uchi Uke – Otoshı Uke Ipponme
- 2- Chudan Uchi Uke – Otoshı Uke Nihonme
- 3- Chudan Soto Uke – Makı Uke Ipponme
- 4- Chudan Soto Uke – Makı Uke Nihonme
- 5- Jodan Sokutei Mawashı Uke - Gyakuzuki

KATA

- 1- Pinan Yondan
- 2- Pinan Godan

JİYU KUMİTE

2.KYU KAHVERENGİ KEMER (II)

KIHON ZUKİ + KERİ – TEMEL TEKNİK

- 1- Maegeri Junzuki
- 2- Maegeri Gyakuzuki
- 3- Maegeri Junzuki No Tsukomi
- 4- Maegeri Gyakuzuki No Tsukomi
- 5- Tobikomı Zuki
- 6- Nagashı Zuki
- 7- Ushirogeri
- 8- Ushiomawashıgeri Jodan

RENZOKU WAZA – KOMBİNASYON

- 1- Surıkomı Jodan / Chudan Renzuki – Surıkomı Maegeri Chudan – Mawashıgeri Chudan – Uraken Jodan
- 2- Surıkomı Maegeri Chudan – Sokuto Fumıkomıgeri – Ushirogeri Chudan – Uraken Jodan
- 3- Surıkomı Maegeri Jodan – Surıkomı Mawashıgeri Jodan – Surıkomı Maetobıgeri – Tettsuı Uchi

SANBON KUMITE – EŞLİ TEKNİK

- 1- Jodan Jıyuji Uke – Chudan Zuki
- 2- Jodan Jıyuji Uke – Jodan Mawashıgeri
- 3- Jodan Uke – Chinto Uke – Tatakaen Zuki
- 4- Jodan Mawashıgeri – Hıji Uke – Gyakuzuki
- 5- Chudan Mawashıgeri – Haıshu – Nagashı Uke

OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme

KATA

- 1- Pinan Godan
- 2- Naihanchı

JIYU KUMITE

1.KYU KAHVERENGİ KEMER

KIHON ZUKİ + KERİ – TEMEL TEKNİK

- 1- Maegeri Junzuki
- 2- Maegeri Gyakuzuki
- 3- Maegeri Junzuki No Tsukomi
- 4- Maegeri Gyakuzuki No Tsukomi
- 5- Tobikomi Zuki
- 6- Nagashi Zuki
- 7- Ushirogeri
- 8- Ushiro Uramawashigeri Jodan
- 9- Yoko Tobigeri (Kesageri)

RENZOKU WAZA – KOMBİNASYON

- 1- Surikomi Maegeri Chudan – Nagashi Zuki Jodan – Mawashigeri
- 2- Surikomi Sokuto Chudan – Uchi Uke Kibo Dachı – Urazuki Chudan – Gedan Barai – Maegeri Chudan
- 3- Zenshinshite Jodan – Chudan Renzuki - Maegeri Chudan – Nagashi Zuki Jodan – Gyakuzuki Jodan – Mawashigeri Jodan

SANBON KUMITE – EŞLİ TEKNİK

- 1- Chudan Sokuto – Uchi Suki Uke
- 2- Jodan Uke – Sihikkake Uke – Age Zuki
- 3- Jodan Uke – Haishu Uke – Teisho Age Zuki
- 4- Chudan Uke – Hasami Uke – Uraken Jodan
- 5- Chudan Maegeri Uke – Renzoku Soto Hara Uke – Gyakuzuki Ipponme
- 6- Chudan Maegeri Uke – Renzoku Uchi Hara Uke – Gyakuzuki Nihonme

KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme

KATA

- 1- Kushanku
- 2- Chinto

JIYU KUMITE

1.DAN

KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

UCHI WAZA

- | | | |
|------------|---|---|
| 1- Shuto | : | Hidari-Migi-Jodan |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan |
| 3- Uraken | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan |
| 4- Haito | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan |
| 5- Taisho | : | Hidari-Age-Migi Chudan |
| 6- Empi | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

RENZOKU WAZA (RENRAKU WAZA)

- 1- Maegeri Jodan – Mawashigeri Jodan – Ushirogeri Chudan – Uraken Jodan – Shuto Uke Jodan(Nekoashi) – Nekoashi Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan
- 2- Zenshinshite Jodan - Chudan Renzuki - Nidangeri - Gyakuzuki Jodan - Nagashizuki Jodan - Surukomi Sokuto Jodan

KATA

- 1- Naihanchi
- 2- Kushanku
- 3- Chinto

OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme

KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme

JIYU KUMITE

2.DAN

KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

UCHI WAZA

- | | | |
|------------|---|---|
| 1- Shuto | : | Hidari-Migi-Jodan |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan |
| 3- Uraken | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan |
| 4- Haito | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan |
| 5- Taisho | : | Hidari-Age-Migi Chudan |
| 6- Empi | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

RENZOKU WAZA (RENRAKU WAZA)

- 1- Maegeri Jodan - Mawashigeri Jodan - Ushiomawashigeri Jodan - Mawashigeri Jodan - Mawashigeri Chudan - Tobikomizuki Jodan - Uraken Jodan - Gyakuzuki Chudan
- 2- Zenshinshite Jodan - Chudan Renzuki-Nidangeri - Gyakuzuki Jodan - Nagashizuki Jodan - Surukomi Sokuto Jodan

KATA

- 1- Chinto
- 2- Seishan
- 3- Bassai

OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme

KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme

JIYU KUMITE

3.DAN

KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

UCHI WAZA

- | | | |
|------------|---|---|
| 1- Shuto | : | Hidari-Migi-Jodan |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan |
| 3- Uraken | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan |
| 4- Haito | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan |
| 5- Taisho | : | Hidari-Age-Migi Chudan |
| 6- Empi | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

RENZOKU WAZA (RENRAKU WAZA)

- 1- Maegeri Jodan - Mawashigeri Jodan - Ushiomawashigeri Jodan - Mawashigeri Jodan - Mawashigeri Chudan - Tobikomizuki Jodan - Uraken Jodan - Gyakuzuki Chudan
- 2- Surukomi Maegeri Chudan – Tobikomizuki Jodan – Tobiyokogeri (Sokuto) – Shuto Uchi Age Jodan – Sokoteimawashi Uke Chudan – Sokuto Jodan – Shuto Uchi Uke Jodan – Gyakuzuki Chudan

KATA

- 1- Bassai
- 2- Wanshu

OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme

KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme

JIYU KUMITE

4.DAN

KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

UCHI WAZA

- | | | |
|------------|---|---|
| 1- Shuto | : | Hidari-Migi-Jodan |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan |
| 3- Uraken | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan |
| 4- Haito | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan |
| 5- Taisho | : | Hidari-Age-Migi Chudan |
| 6- Empi | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

RENZOKU WAZA (RENRAKU WAZA)

- 1- Maegeri Chudan – Jodan Renzokugeri – Mawashigeri Jodan – Ushiomawashigeri Jodan – Mawashigeri Chudan – Junzuki Jodan – Nidangeri – Surikomi Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan
- 2- Surukomi Maegeri Chudan – Tobikomizuki Jodan – Tobiyokogeri (Sokuto) – Shuto Uchi Age Jodan – Sokoteimawashi Uke Chudan – Sokuto Jodan – Shuto Uchi Uke Jodan – Gyakuzuki Chudan

KATA

- 1- Niseishi
- 2- Rohai

OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme
- 9- Kyuhonme
- 10- Jyuipponme

KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme
- 9- Kyuhonme
- 10- Jyuipponme

JIYU KUMITE

5.DAN

KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

UCHI WAZA

- | | | |
|------------|---|---|
| 1- Shuto | : | Hidari-Migi-Jodan |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan |
| 3- Uraken | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan |
| 4- Haito | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan |
| 5- Taisho | : | Hidari-Age-Migi Chudan |
| 6- Empi | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

RENZOKU WAZA (RENRAKU WAZA)

- 1- 10-Jiyu Renzokuwaza
- 2- 12-Jiyu Renzokuwaza

KATA

- 1- Jion
- 2- Jitte

OHYO KUMITE

- 1-10 (Ipponme-Jyupponme)

KIHON KUMITE

- 1-10 (Ipponme-Jyupponme)

TANTO TORI

- 1-5 (Ipponme-Gohonme)

JIYU KUMITE

6. DAN (ROKU-DAN)

KIHON TSUKI WAZA

1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki

UCHI WAZA

1. Shuto : Hidari - Migi - Jodan
2. Tettsui : Hidari Yoko Jodan - Migi Otoshi Chudan
3. Uraken : Hidari Yoko Jodan - Migi Mashomen Uraken Jodan
4. Haito : Hidari - Migi Ganmen - Hidari Ganmen -Renzoku Uchi Jodan -Migi Chudan
5. Teisho : Hidari Age - Migi Age Jodan
6. Empi : Age Jodan - Mawashi Jodan - Yoko Chudan - Ushiro Chudan

KERI WAZA

1. Maegeri
2. Mawashigeri
11. Sokuto
12. Sokuto Fumikomi
13. Hizageri Mae Yoko
14. Yokogeri
15. Ushirogeri
16. Nidangeri
17. Tobi Sokuto (Kesa Geri)
18. Ushiro mawashigeri

RENZOKU WAZA (RENRAKU WAZA)

1. Maegeri Chudan - Jodan Renzokugeri - Mawashigeri jodan -Ushiomawashigeri Jodan - Mawashigeri Chudan
Junzuki Jodan - Nidangeri - Surikomi Maegeri - Nagashizuki Jodan - Gyakuzuki Chudan

KATA

Tüm Alt Katalardan Sorumludur

1. Super Empei (Betschurin)

OHYO KUMITE

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
6. Ropponme
7. Nanahonme
8. Hachihonme
9. Kyuhonme
10. Jyuiipponme

KIHON KUMITE

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
11. Ropponme
12. Nanahonme
13. Hachihonme
14. Kyuhonme
15. Jyuiipponme

IDORI KUMITE

3 Farklı Idori Kumite

TANTOTORI KUMITE

3 Farklı Tantotori Kumite