

## Wymagania egzaminacyjne na stopień 5 kyu

### Ten chi waza

Katate dori

Ai Hami

Giaku Hami .....

IKKYO OMOTE/URA  
SHIHO NAGE OMOTE/URA  
IRIMI NAGE

Ashi Sabaki  
Schikko omote / ura  
May ukemi  
Ushiro ukemi

Kote gaeyshi omote/ura  
Kokiu ho

Shomen uchi .....

IKKYO OMOTE/URA  
IRIMI NAGE  
SANKYO OMOTE  
NIKKIO OMOTE

Suweri waza .....

Kokiu Ho

Shomen uchi

IKKYO OMOTE/URA  
Kote gaeyshi omote/ura