



## WYMAGANIA EGZAMINACYJNE 2 DAN



**TAI SABAKI i UKEMI** to samo co na niższe stopnie

|                                  |           |                                    |  |  |
|----------------------------------|-----------|------------------------------------|--|--|
| <b>USHIRO<br/>RYOTETORI</b>      | <b>1</b>  | IKKYO do YONKYO                    | 1. Tenshin Maeashi Irimi: Omote<br>2. Tenshin Maeashi Irimi: Ura                                     |  |
| <b>SHOMENUCHI</b>                | <b>2</b>  | SEOIGURUMA i IPPONSEOI             |  |  |
|                                  | <b>3</b>  | CHINSHIN KURUMAGAESHI i AIKIOTOSHI | Aikiotoshi - Ura   |  |
|                                  | <b>4</b>  | KOSHIGURUMA i AIKIGOSHI            |  |  |
|                                  | <b>5</b>  | JIYUWAZA                           |  |  |
|                                  | <b>6</b>  | IKKYO                              | 1. Tori: pozycja zawsze na prawą lub lewą stronę, Maeashi Irimi Irimi Sabaki<br>2. Uke: Atak dowolny | Omote  |
| <b>SHOMENUCHI<br/>KIAWASE</b>    | <b>7</b>  | KOTEGAESHI i IKKYO                 | Tori: Ushiroashi Irimi Tenkan Sabaki   |  |
|                                  | <b>8</b>  | JIYUWAZA                           |  |  |
| <b>KATATETORI<br/>AIHANMI</b>    | <b>9</b>  | YONKYO GOSHI i AIKIGOSHI           | Tenkan Tenshin Sabaki i Irimi Tenkan Tenshin Sabaki  |  |
| <b>KATATETORI<br/>GYAKUHANMI</b> | <b>10</b> | MAKIOTOSHI KOSHINAGE i AIKIGOSHI   | Irimi Tenkan Sabaki i Tenkan Tenshin Sabaki  |  |
| <b>KATATETORI<br/>AIHANMI</b>    | <b>11</b> | MAKIOTOSHI KOSHINAGE i AIKIGOSHI   | Ushiroashi Irimi Tenkan Tenshin, Jodan Sabaki  |  |
| <b>KATATETORI<br/>GYAKUHANMI</b> | <b>12</b> | IRIMINAGE i SHIHONAGE              | (dla: Gyakuhanmi: Tekubigaeshi)  |  |
| <b>KATATETORI<br/>GYAKUHANMI</b> | <b>13</b> | KOKYUNAGE                          | Różne formy  | - Makiotoshikokyunage<br>- Nentenmakiotoshi<br>- Maeotoshi<br>- Sotokaiten<br>- Uchikaiten<br>- Maeashi Tenkan i cięcie w łokieć<br>- tak jak Ikkyo (Ikkyonage)<br>- Kaitennage<br>- Genkeikokyunage |
| <b>KATATETORI<br/>AIHANMI</b>    | <b>14</b> | JIYUWAZA                           |  |  |
| <b>RYOTETORI</b>                 | <b>15</b> | IRIMINAGE i KOTEGAESHI             | Różne Taisabaki  | - Maeashi Irimi Tenkan<br>- Ushiroashi Irimi Tenkan (na 2 strony)<br>Formy: Kamihanen i Shimohanen   |

|                               |           |   |  |   |
|-------------------------------|-----------|---|--|---|
| <b>RYOTETORI</b>              | <b>16</b> | JIYUWAZA  |  |   |
| <b>KATATE<br/>RYOTETORI</b>   | <b>17</b> | JUJIGARAMI  | Nage i Osae  | 1. Kamihanen<br>2. Shimohanen (2 formy)   |
|                               | <b>18</b> | UDEKIMENAGE,<br>potem różne<br>formy<br>KOKYUNAGE |  | Udekimenage - 3 formy:<br>- Tenkan Tenshin<br>- Ushiroashi Irimi Tenkan<br>- Maeashi Irimi (Tenshin)<br>Kokyunage:<br>- Maeotoshi (Omote i Ura)<br>- Hikiotoshi (Omote i Ura)<br>- Kiriotoshi (Omote i Ura)<br>- Kaitenotoshi (Omote i Ura)<br>- Makiotoshi<br>- Nentenmakiotoshi<br>- jak Ikkyo (Ikkyonage)<br>- Genkeikokyunage |
| <b>USHIRO<br/>RYOKATATORI</b> | <b>19</b> | KOSHINAGE   | Tenshin Maeashi<br>Irimi<br>i Tenshin Ushiroashi<br>Irimi  |   |
|                               | <b>20</b> | GENKEIKOKYUNAGE                                   | Jodan- i Chudan-<br>-Kuzushi   |   |
|                               | <b>21</b> | IKKYO,<br>potem JIYUWAZA                          |  |   |
| <b>USHIRO<br/>RYOTETORI</b>   | <b>22</b> | JIYUWAZA  |  |   |
| <b>KATATORI<br/>MENUCHI</b>   | <b>23</b> | 4 podstawowe tech-<br>niki                        | (IKKYO, KOTEGA-<br>ESHI, IRIMINAGE,<br>SHIHONAGE)  | Uchinote i Katanote   |
|                               | <b>24</b> | TENCHINAGE<br>i GENKEIKOKYUNAGE                   |  |   |
| <b>CHUDANTSUKI</b>            | <b>25</b> | IRIMINAGE i KUBIJI-<br>ME                         |  | Iriminage - 3 wersje:<br>- bezpośrednia<br>- podstawa<br>- wariant  |
|                               | <b>26</b> | IKKYO - KOTEGAESHI                                | Renrakuhenka -<br>Waza   |   |
|                               | <b>27</b> | TENCHINAGE,<br>GENKEIKOKYUNAGE                    | Taninzutori  |   |
| <b>YOKOMENUCHI</b>            | <b>28</b> | SHIHONAGE i IKKYO                                 | 1. Ushiroashi Irimi<br>Tenkan,<br>Tatakiotoshi<br>2. Maeashi Irimi,<br>Chudan Kuzushi                      |   |
|                               | <b>29</b> | IRIMINAGE<br>i KOTEGAESHI                         | 1. Maeashi irimi, Jo-<br>dan Kuzushi<br>2. Ainuke  |   |
|                               | <b>30</b> | JIYUWAZA  |  |   |
|                               |           | IKKYO do YONKYO                                   | 1. Ushiroashi Irimi Tenkan<br>Tenshin, Tatakiotoshi:<br>Omote<br>2. Maeashi Irimi, Ukena-<br>gashi:<br>Ura |   |
|                               | <b>31</b> | TACHITORI   |  |   |

**BRÓŃ** Tantotori Formy z Jo i Bokken - tak samo jak na 1 Dan.

**Teoria** TO SAMO, CO NA NIŻSZE STOPNIE