

世界松濤館空手道連盟

W.S.K.F.
Crimean Republican Branch

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KYU EXAMINATION

KYU	KUMITE	KATA
9 8	GOHON KUMITE (JODAN.CHUDAN TUKI)	HEIAN SHODAN
7	SANBON KUMITE (JODAN,CHUDAN,MAEGERI)	HEIAN NIDAN
6	KIHON IPPON KUMITE 1.JODAN 2.CHUDAN 3.MAEGERI	HEIAN SANDAN
5	KIHON IPPON KUMITE (1.JODAN 2.CHUDAN 3.MAEGERI 4.YOKOGERI 5.MAWASHIGERI)	HEIAN YONDAN
4	KIHON IPPON KUMITE (1.JODAN 2.CHUDAN 3.MAEGERI 4.YOKOGERI 5.MAWASHIGERI)	HEIAN GODAN
3	JIYU IPPON KUMITE 1.JODAN 2.CHUDAN 3.MAEGERI 4.MAWASHIGERI 5.YOKOGERI	TEKKI SHODAN
2 1	JIYU IPPON KUMITE 1.ZYODAN 2.CHUDAN 3.MAEGERI 4.MAWASHIGERI 5.YOKOGERI	TEKKI SHODAN SENTEI KATA (FREE CHOICE)

•SENTEI KATA: BASSAI-DAI. KANKU-DAI. JION. ENPI

KIHON (↑ FORWARD, ↓ BACKWARD → SIDE)

[9-8 KYU]

FROM ZENKUTSU-DACHI GEDAN BARAI

1. ↑ CHUDAN OIZUKI
2. ↑ CHUDAN GYAKUZUKI
3. ↑ JODAN AGE-UKE
4. ↑ CHUDAN SOTO-UKE

FROM KOKUTSU DACHI

5. ↑ SHUTO- UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI

FROM KIBA DACHI

7. ↑ YOKOGERI- KEAGE

[7-6 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ CHUDAN OI-ZUKI
2. ↑ CHUDAN GYAKU-ZUKI
3. ↓ JODAN AGEUKE - GYAKUZUKI
4. ↑ CHUDAN SOTOUKE - GYAKUZUKI
5. ↓ CHUDAN UCHIUKE - GYAKUZUKI

FROM KOKUTSU DACHI

6. ↑ CHUDAN SHUTO UKE

FROM ZENKUTSU DACHI

7. ↑ MAEGERI
8. ↑ MAWASHIGERI
9. ↑ YOKOGERI KEAGE
10. ↑ YOKOGERI KEKOMI

[5-4 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ SANBONZUKI (OIZUKI)
2. ↑ SPINNING - GYAKUZUKI
3. ↑ SOTOUKE - ENPI (ENPI:KIBADACHI)
4. ↓ UCHIUKE - KIZAMIZUKI - GYAKUZUKI

FROM KOUKUTSU DACHI

5. ↑ SHUTO UKE - NUKITE (NUKITE:ZENKUTSU DACHI)

FROM ZENKUTSU DACHI

6. ↑ MAEGERI/RENGERI (JODAN&CHUDAN)
7. ↑ MAWASHIGERI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

[3 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ SANBON-ZUKI (OIZUKI)
2. ↑ SPINNING-GYAKUZUKI SANBONZUKI
3. ↓ AGEUKE - GYAKUZUKI
4. ↑ SOTOUKE - ENPI&URAKEN (ENPI&URAKEN:
KIBA DACHI)

FROM KOKUTSU DACHI

5. ↑ SPINNING SHUTO UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI-GYAKUZUKI
7. ↑ MAWASHIGERI-URAKEN-OIZUKI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

FROM ZENKUTU DACHI

10. ↑ USHIROGERI

[1-2 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ MAEGERI-OIZUKI
2. ↑ MAWASHIGERI-GYAKUZUKI
3. ↑ MAAEGERI-OIZUKI-GYAKUDUKI
4. ↑ MAEGERI-MAWASHIGERI (CHANGE LEGS)
5. ↑ KIZAMI YOKOGERI-USHIROGERI (CHANGE LEGS)

FROM KIBA DACHI

6. ↑ YOKOGERI KEAGE-YOKOGERI KEKOMI (SAME LEG)

FROM FUDO-DACHI

7. ↑ OIZUKI