

# TEHNIKE KOJE SE TRŽE NA ISPITIMA ZA SHO DAN, NI DAN, SAN DAN, YON DAN

## TEHNIKE ZA SHO DAN

### A – SUWARIWAZA

#### 1. SHOMEN UCHI

IKKYO, NIKYO, SANKYO, YONKYO, GOKYO, IRIMINAGE, KOTEGAESHI

#### 2. KATA DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE

#### 3. YOKOMEN UCHI

IKKYO, NIKYO, SANKYO, YONKYO, GOKYO, IRIMINAGE, KOTEGAESHI

#### 4. RYOTE DORI KOKYUHO

### B – HANMIHANDACHIWAZA

#### 1. KATATE DORI

IKKYO, NIKYO, SANKYO, YONKYO, IROMINAGE, KOTEGAESHI, SHIHONAGE,  
KAITENNAGE, SUMIOTOSHI

#### 2. RYOTE DORI SHIHONAGE

#### 3. USHIRO RYO KATA DORI

IKKYO, NIKYO, SANKYO, KOTEGAESHI

### C – TACHIWAZA

#### 1. AIHANMI KATATE DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE,  
UDEKIMENAGE

#### 2. KATATE DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE,  
KAITENNAGE, SUMIOTOCHI

#### 3. KATA DORI

IKKYO, NIKYO, SANKYO, YONKYO

#### 4. SODE DORI

IKKYO, NIKYO, SANKYO, YONKYO

#### 5. MUNA DORI

IKKYO, NIKYO, SANKYO, YONKYO

#### 6. RYOTE DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE,  
UDEKIMENAGE, TENCHINAGE, KOSHINAGE

#### 7. RYOKATA DORI

IKKYO, NIKYO, SANKYO, YONKYO, AIKIOTOSHI

## 8. RYOSODE DORI

IKKYO, NIKYO, SANKYO, YONKYO, AIKIOTOSHI

## 9. MOROTE DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE, KOKYUHO, KOKYUNAGE

## 10. TSUKI

IRIMINAGE, KOTEGAESHI, SHIHONAGE

## 11. SHOMEN UCHI

IKKYO, NIKYO, SANKYO / SOTOKAITEN, UCHIKAITEN / , YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE, KAITENNAGE, JIYUWAZA

## 12. YOKOMENUCHI

IKKYO, NIKYO, SANKYO, YONKYO, GOKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE, UDEHISHIGI / HIJKIME, HIJIGATAME, HIJKIMEOSAE /

## 13. KATA DORI SHOMEN UCHI

IKKYO, SHIHONAGE, UDEKIMENAGE, KOTEGAESHI, IRIMINAGE

## 14. MAE GERI IRIMINAGE

## D – USHIROWAZA

### 1. USHIRO RYOTEKUBI DORI / USHIRO RYOTR DORI /

IKKYO, NIKYO, SANKYO, YONKYO, UDEHISHIGI, IRIMINAGE, KOTEGAESHI, SHIHONAGE, JUJIGARAMI, KOSHINAGE

### 2. USHIRO RYOKATA DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, AIKIOTOSHI, KOSHINAGE

### 3. USHIRO ERI DORI

IKKYO, NIKYO, SANKYO, YONKYO

### 4. USHIRO ERI DORI MEN UCHI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE

### 5. USHIRO KATATE DORI KUBISHIME

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI, SHIHONAGE, KOSHINAGE

## E – BUKI NO BU

### TANTO DORI

a/ JUNTE

b/ GYAKUTE

#### 1. YOKOMEN UCHI

GOKYO, KOTEGAESHI, UDEHISHIGI

#### 2. SHOMEN UCHI

GOKYO, KOTEGAESHI, UDEHISHIGI, UCHIKAITENSANKYO, SOTOKAITENSANKYO

3. TSUKI

KOTEGAESHI, UDEHISHIGI, UCHIKAITENSANKYO, SOTOKAITENSANKYO,  
GOKYO

JO DORI

JO SABAKI

F – FUTARIDORI RENZOKUWAZA / POVEZANOST RADA SA DVA PARTNERA /

Strana 3.

**TEHNIKE POTREBNE ZA NIDAN** /tehnike SHODAN + dodatne/

**A – SUWARIWAZA**

1. RYOTE DORI

IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI / 2 forme /

2. RYOKATA DORI

IKKYO, NIKYO, SANKYO, YONKYO

4. SHOMRN UCHI GOKYO

**B – HANMIHANDACHIWAZA**

1. KATATE DORI JIYUGI

2. RYOTE DORI KOKYUNAGE

3. USHIRO RYOKATA DORI

KOKYUNAGE, SANKYO / 2 forme /

**C – TACHIWAZA**

1. AIHANMI KATATE DORI IRIMINAGE / 2 forme /

2. KATATE DORI

UDEHISHIGI, IRIMINAGE / 2 forme /

3. MUNA DORI SHIHONAGE

4. RYOTE DORI KOKYUNAGE

5. MOROTE DORI KOSHINAGE

6. TSUKI

UDEHISHIGI, GOKYO, UCHIKAITENSANKYO, SOTOKAITENSANKYO

7. SHOMEN UCHI

SOTOKAITENSANKYO, KOKYUNAGE

8. YOKOMEN UCHI  
KOKYUNAGE, JIYUGI
9. KATA DORI MEN UCHI  
SANKYO, KOSHINAGE

### D – USHIROWAZA

1. USHIRO RYOTEKUBI DORI KOKYUNAGE
2. USHIRO RYOKATA DORI KOKYUNAGE
3. USHIRO KATATE DORI KUBISHIME KOKYUNAGE

### E – FUTARIGAKE

1. FUTARIGAKE
2. FUTARI DORI RENZOKUWAZA

Strana 4.

## TEHNIKE ZA SANDAN /sve tehnike SHODAN, NIDAN + dodatno/

### A – SUWARIWAZA

1. SHOMEN UCHI  
JIYUGI, KOKYUNAGE
2. YOKOMEN UCHI  
JIYUGI, KOKYUNAGE
3. RYOKATA DORI  
IRIMINAGE OYOGI, KOKYUNAGE
4. KATA DORI MEN UCHI  
IKKYO, NIKYO, SANKYO, YONKYO, IRIMINAGE, KOTEGAESHI
5. TSUKI : SHOMEN TSUKI, GANMEN TSUKI  
IKKYO, UDEHISHIGI
6. MAE ERI DORI KUBISHIME OYOGI

### B – HANMIHANDACHIWAZA

1. KATATE DORI KOKYUNAGE
2. RYOTE DORI JIYUGI
3. SHOMEN UCHI  
IRIMINAGE, KOTEGAESHI, KOKYUNAGE
4. YOKOMEN UCHI  
KOKYUNAGE, JIYUGI
5. USHIRO RYOKATA DORI JIYUGI

## C – TACHIWAZA

### 1. AIHANMI KATATE DORI

IKKYO / 2 forme /, IRIMINAGE /3 forme /, KOSHINAGE,

### 2. KATATE DORI

IRIMINAGE / 3 forme /, KOKYUNAGE, KOSHINAGE

## D – TACHI tai TACHI

## E – TANINZUGAKE

SANNINGSKE

SANIN DORI RENZOKUWAZA

**TEHNIKE ZA YONDAN**/tehnike SHODAN, NIDAN, SANDAN + specifične tehnike/

HENKAGI i OYOYOGI