



KoKoDo Ju Jutsu Kyu Shin Kai

Program egzaminacyjny 5-1 Kyu (2016/2017)

Suwari Waza	5	4	3	2	1	Henka Waza do kihon	5	4	3	2	1
Nukite	X	X	X	X	X	Shuto Zeme	X	X	X	X	X
Atemi (Kasumi No-To)	X	X	X	X	X	Shuto Zeme Otoshi	X	X	X	X	X
Hiza Gatame	X	X	X	X	X	Atemi (Kasumi No-To)	X	X	X	X	X
Hiki Otoshi	X	X	X	X	X	Atemi Uto No-To	X	X	X	X	X
Aiki Nage	X	X	X	X	X	Hiki Otoshi		X	X	X	X
Kote Gaeshi	X	X	X	X	X	Aiki Nage		X	X	X	X
Gassho Dori		X	X	X	X	Kote Gaeshi Dori		X	X	X	X
Ude Osae Dori		X	X	X	X	Gassho Dori		X	X	X	X
Mune Osae Dori		X	X	X	X	Ude Osae Dori		X	X	X	X
Uchi Komi Dori			X	X	X	Mune Osae Dori		X	X	X	X
Hantachi Waza	5	4	3	2	1	Ude Mune Osae Dori		X	X	X	X
Yoko Katate Osae Dori			X	X	X	Uchi Komi Dori			X	X	X
Yoko Morote Osae Dori				X	X	Ushiro Zeme Otoshi			X	X	X
Tachi Waza	5	4	3	2	1	Kubi Jime Nage			X	X	X
Shuto Zeme	X	X	X	X	X	Ushiro Kubi Jime Nage			X	X	X
Shuto Zeme Otoshi	X	X	X	X	X	Yoko Katate Osae Dori				X	X
Atemi Kasumi No-To	X	X	X	X	X	Yoko Morote Osae Dori				X	X
Atemi Uto No-To	X	X	X	X	X	Hanbo Waza	5	4	3	2	1
Hiki Otoshi	X	X	X	X	X	Nukite Dori	X	X	X	X	X
Aiki Nage	X	X	X	X	X	Uchi Komi Dori Nage	X	X	X	X	X
Kote Gaeshi Dori	X	X	X	X	X	Uchi Komi Shiho Nage	X	X	X	X	X
Gassho Dori		X	X	X	X	Hara Gatame Nage		X	X	X	X
Ude Osae Dori		X	X	X	X	Hara Jime Otoshi		X	X	X	X
Mune Osae Dori		X	X	X	X	Kubi Jime Gatame			X	X	X
Ude Mune Osae Dori		X	X	X	X	Yoko Otoshi			X	X	X
Uchi Komi Dori			X	X	X	Yoko Men Shiho Nage				X	X
Ushiro Zeme Otoshi			X	X	X	Yoko Gaeshi otoshi				X	X
Kubi Jime Nage			X	X	X	Ude Maki Dori					X
Ushiro Kubi Jime Nage			X	X	X	Hara Dori Gaku					X
						Yoko Kubi Jime Dori					X
						Henka Waza	5	10	15	20	25
						Dźwignie	3	5	10	10	10