

TESTING REQUIREMENTS

Stances – Dachi				Mawate - Turns	
HSD	heisoku dachi	SHD	shiko dachi		
HD	heiko dachi	ZD	zenkucu dachi	(M)	mawate – turn
STHD	soto hachiji dachi	SD	sanchin dachi	(U)	ushiro (back)
UHD	uchi hachiji dachi	ZAD	zuri ashi dachi		
NAD	neko ashi dachi	FS	fighting stance		

10. KYU yellow white

Kihon: 1. HD – seiken zuki 2. UHD – shomen uraken uchi 3. UHD – soto uke, jodan uke, 4. HD - gedan kingeri, chudan maegeri	Kihon-ido: 1. HD - tai hiraki 2. HD - tai sabaki 3. SD - ayumiashi oi zuki (U)
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9. KYU solid yellow

Kihon: 1. SHD – seiken zuki 2. HD – gedan barai 3. HD – chudan mawashi geri 4. UHD – uchi uke 5. ZD – chudan gyaku zuki	Kihon-ido: 1. ZD - ayumiashi oi zuki (M) (U) 2. ZD – ayumiashi gyaku zuki (M) (U) 3. SD - ayumiashi oi zuki (M) (U) 4. SD - ayumiashi gyaku zuki (M) (U)
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8. KYU orange white

Kihon: 1. UHD – ni ren zuki 2. HD – gedan uke (hara otoshi uke) 3. SHD – gedan uke (hara otoshi uke) 4. ZD – jodan kizami zuki, chudan gyaku zuki 5. SHD – sai uraken uchi 6. UHD – mae hiji ate (empi uchi)	Kihon-ido: 1. SD - ayumiashi jodan uke, chudan gyaku zuki (U) 2. ZD - soto uke, jodan gyaku zuki (U) 3. FS - Suri ashi (M) 4. Back leg steps in from FS to ZD jodan oi zuki, chudan gyaku zuki, front foot moves back to FS (M)
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Kata: 1. Taikyoku jodan I. 2. Taikyoku chudan I.	
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7. KYU solid orange

Kihon: 1. SHD – yokomen uraken uchi 2. UHD – morote zuki 3. HD - yokomen shuto uchi 4. UHD – kake uke 5. UHD – nagashi uke	Kihon-ido: 1. SHD - ayumiashi oi zuki (M) (U) 2. FS - ayumiashi into ZD chudan oi zuki, front leg moves back to FS (M) 3. ZD - ayumiashi chudan mae geri, chudan oi zuki (U) 4. ZD - ayumiashi mae hiji ate, chudan gyaku zuki (U) 5. NAD – ayumiashi 6. NAD - front leg steps into ZD jodan kizami zuki, chudan gyaku zuki, back leg moves forward into NAD (M)
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Kata: 1. Taikyoku chudan II. 2. Taikyoku jodan II.	
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6. KYU green white

Kihon 1. UHD - mawashi hiji ate 2. UHD – gamen shuto uchi, 3. HD – teisho zuki 4. SHD – otoshi hijiate 5. HD – chudan sokto geri (yoko geri)	Kihon-ido 1. SHD - ayumiashi gyaku zuki (M) (U) 2. SHD - ayumiashi gedan uke, chudan gyaku zuki (U) (M) 3. HD – tai hiraki sukui uke, nagashi uke 4. FS ayumiashi with ashibarai 5. FS Tai sabaki with nagashi uke (oi side), gedan uke (gyaku side) 6. SD chudan gyaku zuki, back leg chudan mae geri, after kick, kicking leg steps forward into SD (U)
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	<ol style="list-style-type: none"> 7. SHD ayumiashi mawashi hijiate, uraken uchi, gedan uke, chudan gyaku zuki (U) 8. ZD ayumiashi chudan mae geri, jodan hiji ate, uraken uchi, gedan uke, chudan gyaku zuki (U)
Kata: <ol style="list-style-type: none"> 1. Taikyoku gedan I. 2. Taikyoku kake uke I. 	
5. KYU solid green	
Kihon <ol style="list-style-type: none"> 1. SHD – shita zuki 2. UHD – yoko uke shitabarai (joge uke) 3. HD – mawashiuke teisho yama zuki 4. HD – seiken zuki sideways 5. HD – tetsui uchi 	Kihon-ido <ol style="list-style-type: none"> 1. SHD 90° angle ayumiashi oi zuki chudan (U) 2. SHD 90° angle ayumiashi tetsui uchi, otoshi uke, uraken uchi (U) 3. NAD Suri ashi (M) 4. NAD Front leg steps into SD jodan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 5. NAD Front leg steps into ZD soto uke, jodan gyaku zuki step forward with your back leg into NAD (U) 6. NAD Front leg steps into SHD gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 7. FS back leg moves into Kosa dachi, front leg chudan sokto geri (M)
Kata <ol style="list-style-type: none"> 1. Taikyoku gedan II. 2. Taikyoku kake uke II 	
4.KYU blue white	
Kihon <ol style="list-style-type: none"> 1. STHD – kansetsu geri 2. UHD - kagi zuki 3. FS– haito uchi 4. HD – chudan nukite zuki 	Kihon-ido <ol style="list-style-type: none"> 1. NAD Back leg maegeri chudan, after kick, kicking leg lands forward into ZD chudan oi zuki, back leg moves to NAD (U) stays in back 2. NAD Front leg steps into SHD (90°) tetsui uchi, otoshi uke, uraken uchi, step forward with your back leg into NAD (U) 3. NAD Front leg steps into ZD mae hiji ate, chudan gyaku zuki, step forward with your back leg into NAD (U) 4. SHD (90°) Back leg steps into Kosa dachi, front leg chudan sokto geri, after kick, kicking leg lands forward into SHD (90°) (M) 5. ZD Back leg chudan sokto geri, after kick, kicking leg lands forward into ZD chudan gyaku zuki (U) 6. SD ayumiashi yoko uke shita barai, morote zuki (U) 7. SHD (45°) back leg kansetsu geri, after kick, kicking leg lands forward into SHD 45° ura zuki, uraken uchi , gedan uke, chudan gyaku zuki (U) 8. SD front leg chudan mae geri, after kick, kicking leg lands forward into SD back leg chudan mawashigeri, after kick, kicking leg lands forward into SD (U)
Kata <ol style="list-style-type: none"> 1. Taikyoku mawashi uke I. 2. Taikyoku mawashi uke II. 	
3. KYU solid blue	
Kihon <ol style="list-style-type: none"> 1. HD – kansetsu geri 2. HD – uširo geri 3. HD – tate zuki 4. HD – yoko uke šita barai, morote zuki 5. UHD – furi uchi 	Kihon-ido <ol style="list-style-type: none"> 1. NAD Back leg maegeri chudan, after kick, kicking leg lands forward into ZD mae hiji ate, uraken uchi, gedan uke, chudan gyaku zuki, back leg moves to NAD (U) stays in back 2. NAD Front leg steps into SHD 45° mawashihiji ate, uraken uchi , gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 3. SD Back leg gedan kin geri, after kick, kicking leg lands forward into SD chudan gyaku zuki (U)

	<ol style="list-style-type: none"> 4. NAD Front leg steps into ZD jodan kizami zuki, chudan gyaku zuki, chudan mawashigeri, after kick, kicking leg lands forward into NAD (M) 5. NAD Front leg steps into SD yoko uke šitra barai, morote zuki, step forward with your back leg into NAD (U) 6. NAD Front leg kansetsu geri after kick, kicking leg lands forward into SHD 45° ura zuki, uraken uchi, gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 7. FS ayumiashi mawashikin geri, after kick, kicking leg lands forward into oposite FS ura zuki, haito uchi (M) 8. FS ayumiashi ashibarai, whole body turns around by 180° into ZAD, chudan ushiro geri, FS (M)
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Kata <ol style="list-style-type: none"> 1. Geksai dai I. 2. Geksai dai II. 3. Sanchin 	
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2. KYU brown

Kihon-ido <ol style="list-style-type: none"> 1. FS Suri ashi, jodan kizami zuki, cugi ashi chudan gyaku zuki (M) 2. FS Front leg steps into ZD chudan gyaku zuki, dokročit' do HD (bokom), jodan yokomen uraken uchi , chudan sokuto geri, FS (M) 3. NAD Back foot steps into SHD (90°) seiken zuki, back foot steps into Kokucu dachi, gedan uke, chudan gyaku zuki – hips rotation into ZD, back foot steps in to NAD (U) 4. FS Front leg slides back into ZAD, back foot steps into ZD jodan oi zuki, front foot slides back to FS (M) 5. NAD front leg chudan sokto geri, after kick, kicking leg lands forward into ZD chudan gyaku zuki, step forward with your back leg into NAD (U) 6. NAD front foot chudan mae geri, after kick, kicking leg lands forward into SD, back leg chudan mawashi geri, after kick, kicking leg lands forward into NAD (U) 7. NAD Front leg steps into SD jodan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 8. NAD Front leg steps into ZD soto uke, chudan gyaku zuki, , step forward with your back leg into NAD (U) 9. NAD Front leg steps into SHD gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 10. NAD back leg chudan mae geri, after kick, kicking leg lands forward into ZD chudan oi zuki, back leg moves to NAD (U) stays in back 	
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Kata <ol style="list-style-type: none"> 1. Sanchin 2. Tensho 3. Saifa 	
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1. KYU brown

Kihon-ido <ol style="list-style-type: none"> 1. NAD Front leg steps into ZD jodan hiji ate, chudan gyaku zuki, step forward with your back leg into NAD (U) 2. NAD Front leg steps into SHD (90°) tetsui uchi, otoshi uke, uraken uchi, step forward with your back leg into NAD (U) 3. NAD Front leg steps into SD yoko uke šita barai, morote zuki, step forward with your back leg into NAD (U) 4. NAD Front leg steps into ZD jodan hiji ate, uraken uchi, gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 5. NAD Front leg steps into SHD mawashi hiji ate, uraken uchi, gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 6. NAD Front leg steps into SD chudan gyaku zuki, chudan mae geri, after kick, kicking leg lands forward into NAD (U) 7. NAD Front leg kansetsu geri, after kick, kicking leg lands forward into SHD (45°) jodan ura zuki, uraken uchi , gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 8. NAD Front leg chudan sokto geri, after kick, kicking leg lands forward into ZD chudan gyaku zuki, step forward with your back leg into NAD (U) 9. NAD Front leg chudan mae geri, after kick, kicking leg lands forward into SD, back leg chudan mawashi 	
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geri after kick, kicking leg lands forward into NAD

Kata

1. Sachin
2. Tensho
3. Saifa
4. Seiunchin

8.KYU

Kihon:

1. **UHD – seiken zuki**
2. **SHD – seiken zuki**
3. **UHD – šomen uraken uchi , yokomen uraken uchi**
4. **UHD – jodan uke, uchi uke, gedan uke , soto uke**
5. **HD - maegeri**

Kihon-ido:

1. **Postupovat' v ZD oi zuki(M)**
2. **Postupovat' v SD oi zuki(M)**
3. **Suri ashiv FS(M)**
4. **Tai hiraki, Tai sabaki v HD**

Kata:

1. **Taikyoku chudan I.**
2. **Taikyoku jodan I.**

7. KYU

Kihon:

1. **UHD – gamen šuto uchi , yokomen šuto uchi**
2. **SHD – sayu uraken uchi**
3. **UHD – kake uke**
4. **HD - chudan mawashigeri**
5. **HSD – gedan kin geri**
6. **SHD – šita zuki**

Kihon-ido:

1. **Chôdza v NAD (M)**
2. **Suri ashiv NAD (M)**
3. **Postupovat' v SD chudan gyaku zuki(M)**
4. **Postupovat' v ZD chudan gyaku zuki(M)**
5. **Postupovat' v SHD chudan gyaku zuki(M)**
6. **Postupovat' v SD jodan uke, chudan gyaku zuki(U)**
7. **Postupovat' v ZD uchi uke, jodan gyaku zuki(U)**
8. **Postupovat' v SHD chudan oi zuki(M)**

Kata:

1. Taikyoku chudan II.
2. Taikyoku jodan II.

6. KYU**Kihon:**

7. UHD – mae hiji ate (empi uchi)
8. UHD – mawashi hiji ate
9. SHD – otoshi hiji ate
10. ZD – jodan kizami zuki, chudan gyaku zuki
11. UHD – nagashi uke
12. HD – chudan sokuto geri (yoko geri)
13. SHD – gedan uke

Kihon-ido:

2. Postupovať v ZD chudan mae geri, chudan oi zuki(U)
3. Postupovať v 90- stupňovom uhle v SHD tetsui uchi , otoshi uke, uraken uchi (U)
4. Postupovať v ZD jodan hiji ate, chudan gyaku zuki(U)
5. Back foot steps in from FS do ZD s chudan oi zuki, predná noha sa pritiahne do FS(M)
6. Postupovať v FSashibarai
7. Tai sabaki v FS nagashi uke (na stranu oi), gedan uke (na stranu gyaku)
8. Postupovať v SHD gedan uke, chudan gyaku zuki(U)
9. Suri ashiv FS jodan uraken uchi (M)

Kata:

4. Taikyoku gedan I.
5. Taikyoku kake uke I.

5. KYU**Kihon:**

1. HD – teišo zuki
2. HD – chudan nukite zuki
3. STHD – kansetsu geri
4. UHD – yoko uke shitabarai (džoge uke)
5. HD – tai hiraki sukui uke, nagashi uke
6. HD – seiken zukibokom

Kihon-ido:

1. Front leg steps in from NAD do SD jodan uke, chudan gyaku zuki, prekročenie do NAD (U)
2. Front leg steps in from NAD do ZD uchi uke, jodan gyaku zuki, prekročenie do NAD (U)
3. Front leg steps in from NAD do SHD gedan uke, chudan gyaku zuki, prekročenie do NAD (U)
4. Tai sabaki v FS kake uke na stranu gyaku (nagashi uke na stranu oi), výkrok do ZD chudan gyaku zuki
5. Postupovať v FSashibarai, výkrok do ZD chudan gyaku zuki, predná noha späť do BP
6. Postupovať v FS cez Kosa dachi chudan sokuto geri (M)
7. Back foot steps in to v SHD (90) oi zuki(U)
8. Back foot steps in from FS do ZD jodan oi zuki, chudan gyaku zuki, predná noha späť do FS(M)
9. Front leg steps in from NAD do ZD jodan kizami zuki, chudan gyaku zuki, back foot steps in to do NAD (M)

Kata:

5. Taikyoku gedan II.
6. Taikyoku kake uke II.

4. KYU

Kihon:

1. HD – kansetsu geri
2. UHD - kagi zuki
3. FS– haito uchi
4. HD – mawashiuke teišo yama zuki
5. HD – uširo geri

Kihon-ido:

1. SD chudan gyaku zuki, chudan mae geri, dokročit' do SD (U)
2. Postupovat' v SHD mawashihiji ate, uraken uchi , gedan uke , chudan gyaku zuki(U)
3. Postupovat' v ZD chudan mae geri, jodan hiidži ate, uraken uchi , gedan uke, chudan gyaku zuki(U)
4. Back foot steps in from NAD do ZD s chudan mae geri, chudan oi zuki, dokročit' do NAD (U)
5. Front leg steps in from NAD do SHD (90) tetsui uchi , otoshi uke, uraken uchi , back foot steps in to do NAD (U)
6. Front leg steps in from NAD do ZD s jodan hiji ate, chudan gyaku zuki, back foot steps in to do NAD (U)
7. Postupovat' v SHD (90) cez Kosa dači, chudan sokto geri, SHD (90) (M)

Kata:

1. Taikyoku mawashiuke I.
2. Geki sai dai I.

3. KYU

Kihon:

1. HD – tate zuki
2. HD – yoko uke šita barai, morote zuki
3. UHD – furi uchi

Kihon-ido:

1. Postupovat' v ZD chudan sokuto geri, chudan gyaku zuki(U)
2. Postupovat' v SD yoko uke šita barai, morote zuki(U)
3. Postupovat' v SHD kansetsu geri, ura zuki, uraken uchi , gedan uke, chudan gyaku zuki(U)
4. Zo SD prednou nohou chudan mae geri, zadnou nohou chudan mawashigeri, dokročit' do SD (U)
5. Back foot steps in from NAD do ZD s chudan mae geri, jodan hijiate, uraken uchi , gedan uke, chudan gyaku zuki, dokročit' do NAD (U)
6. Front leg steps in from NAD do SHD mawashihiji ate, uraken uchi , gedan uke, chudan gyaku zuki, NAD (U)
7. Postupovat' v SD kin geri, chudan gyaku zuki(U)
8. Front leg steps in from NAD do ZD jodan kizami zuki, chudan gyaku zuki, chudan mawashigeri, NAD (M)

Kata:

1. Taikyoku mawashiuke II.
2. Geki sai dai II.
3. Sančin

2. KYU

Kihon-ido:

1. Front leg steps in from NAD do SD yoko uke šitra barai, morote zuki(U)
2. Z NAD kansetsu geri prednou nohou, výkrok do SHD ura zuki, uraken uchi , gedan uke, chudan gyaku zuki, back foot steps in to do NAD (U)
3. Postupovat' v FS mawashikin geri, ura zuki, haito uchi (M)
4. Postupovat' v FSashibarai, dokročit' otočený o 180 do ZAD, chudan uširo geri, FS(M)

5. Suri ashiv FSjodan kizami zuki, cugi ashichudan gyaku zuki(M)
6. Front leg steps in from FSdo ZD chudan gyaku zuki, dokročit' do HD (bokom), jodan yokomen uraken uchi , chudan sokuto geri, FS(M)
7. Back foot steps in fromNAD do SHD (90) seiken zuki, back foot steps in to do Kokucu dači, gedan uke, chudan gyaku zuki– vytočit' do ZD, back foot steps in to do NAD (U)
8. Z FSpritiahnut' prednú nohu vzad do ZAD, back foot steps in to do ZD jodan oi zuki, vrátit' prednú nohu späť do FS(M)
9. Z NAD prednou nohou chudan sokuto geri, výkrok do ZD chudan gyaku zuki, NAD (U)
10. Z NAD prednou nohou chudan mae geri, dokročit' do SD,zadnou nohou chudan mawashigeri, NAD (U)

Kata:

1. Sančin
2. Tenšo
3. Saifa

1. KYU

Kihon- ido:

10. Front leg steps in from NAD do SD jodan uke, chudan gyaku zuki, NAD
11. Front leg steps in from NAD do ZD uchi uke, chudan gyaku zuki, NAD
12. Front leg steps in from NAD do SHD gedan uke, chudan gyaku zuki, NAD
13. Front leg steps in from NAD do ZD chudan mae geri, chudan oi zuki, NAD
14. Front leg steps in from NAD do ZD jodan hiji ate, chudan gyaku zuki, NAD
15. Front leg steps in from NAD do SHD (90) tetsui ut'i, otoshi uke, uraken uchi , back foot steps in to do NAD
16. Front leg steps in from NAD do SD yoko uke šita barai, morote zuki, NAD
17. Front leg steps in from NAD do ZD jodan hiji ate, uraken uchi , gedan uke, chudan gyaku zuki, NAD
18. Front leg steps in from NAD do SHD mawashiempi uchi , uraken uchi , gedan uke, chudan gyaku zuki, NAD
19. Front leg steps in from NAD do SD chudan gyaku zuki, chudan mae geri, NAD
20. Z NAD kansetsu geri prednou nohou, výkrok do SHD jodan ura zuki, uraken uchi , gedan uke, chudan gyaku zuki, NAD
21. Z NAD prednou nohou chudan sokuto geri, výkrok do ZD chudan gyaku zuki, NAD
22. Z NAD prednou nohou chudan mae geri, dokročit' do SD, chudan mawashigeri zadnou nohou, NAD

Kata:

1. Sančin
2. Tenšo
3. Saifa
4. Seinčin