| GRAD | CONDITII DE EXAMINARE | PROGRAMA EXAMINARE ADULTI ( 14 - 65+ ANI )<br>TEHNICILE SE FAC PE AMBELE FORME ( URA SI OMETE ) SI AMBELE PARTI ( MIGHI SI HIDARI ).<br>LA GRADELE AVANSATE SE CERE SI TOATE TEHNICILE SI CELE DIN GRADELE INFERIOARE | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | (2) IKKYU | (3) NIKYU | (4) SANKYU | (5) YONKYU | (6) GOKYU | (7) SHIHO NAGE | (8) IRIMI NAGE | (9) KOTE GAESHI | (10) KAITEN NAGE | (11) TECHI NANE | (12) JYU WAZA | (13) KO KYU-HO |
| 6 KYU | 30 ZILE PRACTICA 3 LUNI | (1) ELEMENTE DE BAZA : 1.1 LEGATURA CENTURI, 1.2 REI, 1.3 KAMAE, 1.4 TENKAI, 1.5 TENSHIN, 1.6 TENKAN, 1.7 IRIMI TENKAN, 1.8 SHIKO, 1.9 UKEMI ( MAE, YOKO, USHIRO, OBI, ZEMPO ), 1.10 ASHI SABAKI (AYUMI, OKURI, TSUGI ), (KYU 3) 1.11 IRIMI, (KYU3) 1.12 IRIMI ATEMI, 1.13 TE GATAMA | | | | | | | | | | | |
| | | 2.1 AI HAMNI | | | | | 7.1 AI HAMNI | | | | | | 13.1SUWARI WAZA |
| 5 KYU | 30 ZILE P 3 LUNI | 2.2 SHOMEN UCHI | | | | | 7.2 KATATE DORI | 8.1 SHOMEN UCHI | | | | | |
| 4 KYU | 60 ZILE P 3 LUNI | | 3.1 KATADORI | 4.1 KATATE DORI | | | 7.3 YOKOMEN UCHI | | | | | | |
| 3 KYU | 60 ZILE PRACTICA 3 LUNI | | 3.2 | 4.2 SHOMEN UCHI | 5.1 | | 7.4 RYOTE DORI | 8.2 TSUKI | 9.1 SHOMEU-CHI | | | | |
| | | 2.3 | 3.3 | 4.3 | 5.2 | | | | 9.2 TSUKI | | 11.1 RYOTE DORI | | |
| | | SUWARI WAZA | SHOMEN UCHI | | | | | | | | | | |
| 2 KYU | 60 ZILE PRACTICA 3 LUNI | 2.4 KATA-DORI | | 4.4 KATA-DORI | 5.3 | | 7.5 HANMI HANDACHI KATATE DORI | 8.3 9.3 KATATE-DORI | | 10.1 KATA-TE DORI | | 12.1 KATA-TE DORI | |
| | | | | | | | | 8.4 SUWARI WAZA 9.4 KATATE DORI | | | | | |
| | | 2.5 | 3.4 | 4.5 | 5.4 | | 7.6 HANMI HANDACHI RYOTE DORI | 8.5 SUWARI WAZA 9.5 SHOMEN UCHI | | | | | |
| | | SUWARI WAZA KATA DORI | | | | | | 8.6 SUWARI WAZA 9.6 TSUKI | | | | | |
| 1 KYU | 60 ZILE PRACTICA 3 LUNI | 2.6 | 3.5 | 4.6 | 5.5 | 6.1 SHOMEN UCHI | 7.7 USHIRO RYOTE DORI | | | 10.2 TSUKI<br>10.3 SHOMEN UCHI<br>10.4 SUWARI WAZA KATATE DORI<br>10.5 SUWARI WAZA TSUKI<br>10.6 SUWARI WAZA SHOMEN UCHI | | 12.2 RYOTE DORI<br>12.3 MOROTE DORI<br>12.4 KATA DORI | 13.2 TACHI WAZA |
| | | YOKO MEN UCHI | | | | | | | | | | | |
| | | 2.7 | 3.6 | 4.7 | 5.6 | | | | | | | | |
| | | USHIRO RYOTE DORI | | | | | | | | | | | |