

**Skúšobný program**  
**5. kyu Gendai Goshin Bo Jitsu**

**I. BO KAMAE**

**II. KIHON**

1. ZENKUTSU DACHI / SOTO UKE
2. ZENKUTSU DACHI / UCHI UKE
3. ZENKUTSU DACHI 45 stupňov / SUKUI UKE
4. GYAKU ZENKUTSU DACHI / GEDAN UKE
5. ZENKUTSU DACHI / HARAI UKE
6. ZENKUTSU DACHI / MOROTE UKE (JODAN, CHUDAN, GEDAN)
7. ZENKUTSU DACHI / HIKKAKE UKE
8. ZENKUTSU DACHI / NUKI TSUKI JODAN
9. ZENKUTSU DACHI / MAEDE TSUKI CHUDAN
10. ZENKUTSU DACHI / GEDAN NUKI TSUKI
11. ZENKUTSU DACHI / JODAN UCHI JODAN
12. KIBA DACHI / YOKO UCHI CHUDAN
13. ZENKUTSU DACHI / URA UCHI JODAN
14. ZENKUTSU DACHI / FURIAGE UCHI JODAN

+ vysvetlenie a ukázanie OSAE UKE

**III. MOCHI + MOCHIKAE**

**IV. KUMITE** : UKE - KUMITE ( Príloha A )

**V. KATA** : RENSHUHO SHODAN ( Príloha B )

Kobudo Zentrum Waldböckelheim, 17.04.01 / Sei  
Hinode Kobudo Dojo, 13.02.02 / Jo