

Skúšobný program
5. kyu Gendai Goshin Kama Jitsu

I. **TEÓRIA :** Dejiny ryukyu kobudo a umenia kama jitsu

II. **MOCHI :** MOCHI und MOCHIKAE

III. **KAMAE :** KAMA a TAI Kamae

IV. **KIHON :**

TSUKI (TOKU) / ZENKUTSU DACHI
HIKI KIRI / ZENKUTSU DACHI
FURIAGE KIRI / ZENKUTSU DACHI
UWA KIRI / ZENKUTSU DACHI
HONTE SOTO YOKO KIRI / KIBA DACHI
GYAKUTE UCHI YOKO KIRI / ZENKUTSU DACHI
HONTE KAESHI / ZENKUTSU DACHI
GYAKUTE KAESHI / ZENKUTSU DACHI
NANAME UKE / ZENKUTSU DACHI
GEDAN HARAI UKE / ZENKUTSU DACHI
GYAKU GEDAN HARAI UKE / ZENKUTSU DACHI
UCHI UKE (GYAKUT E) / ZENKUTSU DACHI
HIRAKI UKE / ZENKUTSU DACHI

V. **KUMITE :** 5 Renshuho Kumite proti Bo (Príloha A)

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

Kobudo Zentrum Waldböckelheim, 27.11.94 / Sei
Hinode Kobudo Dojo, 13.02.02 / Jo