Skúšobný program

5. kyu Gendai Goshin Sai Jitsu

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

II. **KAMAE** : SAI a TAI KAMAE

III. **MOCHI** : MOCHI + MOCHIKAE SAI

IV. **KIHON** :

1. GYAKUTE TSUKI / ZENKUTSU DACHI
2. HONTE TSUKI / ZENKUTSU DACHI
3. SOTO UCHI / ZENKUTSU DACHI
4. KAESHI UCHI (HIRA) / ZENKUTSU DACHI
5. GYAKUTE SOTO UKE / ZENKUTSU DACHI
6. HONTE SOTO UKE / ZENKUTSU DACHI
7. GYAKUTE UCHI UKE / ZENKUTSU DACHI
8. HONTE UCHI UKE / ZENKUTSU DACHI
9. GYAKUTE SHITA UKE / ZENKUTSU DACHI
10. HONTE SHITA UKE / ZENKUTSU DACHI
11. GAYKUTE UWA UKE / ZENKUTSU DACHI
12. HONTE UWA UKE / ZENKUTSU DACHI
13. HONTE HIRAKI UKE / ZENKUTSU DACHI
14. IPPON TATE HARAI UKE / SAGI ASHI DACHI

V. **KUMITE** : RENSHUHO KUMITE proti BO (Príloha A)
5 KUMITE proti rôznym útokom (Príloha B)

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

Kobudo Zentrum Waldböckelheim, 20.07.97 / Sei
Hinode Kobudo Dojo, 13.02.02 / Jo

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