

TÜRKİYE KARATE FEDERASYONU

SHOTOKAN KYU İMTİHAN PROGRAMI

2. KYU İMTİHAN SORULAR (Kahverengi Kuşak)

KİHON:

- 1- Sanbon Tsuki
- 2- Age Uke - Gyaku Tsuki- Age Empı Uchi
- 3- Soto Uke -Yoko Empı Uchi(Kiba Dachi - Uraken Uchi(Kiba Dachi) - Gyaku Tsuki (Zenkutsu Dachi
- 4- Uchi Uke –kizami Tsuki- Gyaku Tsuki –Mae Empı Uchi
- 5- Shuto Uke – Kizami Mae geri -Tate Nükite- Shuto Uchi- Gyaku Haito uchi
- 6- Kizami Mae Geri - Mae Geri – Jodan Tsuki – Chudan Gyaku Tsuki
- 7- Kizami Yoko Geri -Yoko Geri- Uraken Uchi - Gyaku Tsuki
- 8- Kizami Mawashi Geri- Mawashi Geri- Uraken Uchi- Gyaku Tsuki
- 9- Ushiro Geri- Oi Tsuki
- 10- Mae Geri – Yoke Geri- Mawashi Geri- Ushiro Geri (Aynı Ayakla)
- 11- Shiho Tate Shute Uke - Gyaku Tsuki
- 12- Shiho Empı uchi (Öne Zenkutsu Dachi,Yanlara Kiba Dachi,Geriye Kokutsu Dachi)
- 13- Shiho Uraken Uchi (Zenkutsu Dachi)

KİHON İPPON KUMİTE :

- a) Oi Tsuki Jodan
- b) Oi Tsuki Chudan
- c) Mae Geri Chudan
- d) Mawashi Gei Jodan
- e) Yoko Geri Chudan
- f) Ushiro Geri Chudan

JU İPPON KUMİTE:

- a) Oi Tsuki Jodan
- b) Oi Tsuki Chudan
- c) Mae Geri Chudan
- d) Yoko Geri Chudan
- e) Mawashi Geri Jodan
- f) Ushiro Geri Chudan

KATA

Heian Shodan Heian
Nidan Heian Sandan
Heian Yondan
Heian Godan Teki
Shodan