

Wymagania egzaminacyjne na stopnie uczniowskie USA PG  
審査の要件グダニスクの大学の  
合気道セクション

**6 KYU**

ASHI SABAKI  
TENKAN  
IRIMI TENKAN  
SHIKKO  
UKEMI

Tachi waza:

KATATE DORI AIHANMI:  
IKKYO (OMOTE, URA)  
IRIMI NAGE (OMOTE, URA)  
KOTE GAESHI  
SHIHO NAGE (OMOTE, URA)

KATATE DORI:  
UCHIKAITEN NAGE

SHOMEN UCHI:  
IRIMI NAGE

Buki waza:

KEN:  
KEN KAMAE  
KEN SUBURI: 1 – 3

JO:  
JO-KAMAE  
TSUKI-KAMAE  
KEN-KAMAE  
JO SUBURI: 1 – 3

Metoda cwiczen: IPPAN GEIKO

**5 KYU**

Tachi waza:

KATATE DORI:  
IKKYO (OMOTE, URA)  
SHIHO NAGE (OMOTE, URA)  
TENCHI NAGE  
UDEKIME NAGE  
KOKYU NAGE

KATA DORI:  
IKKYO (OMOTE, URA)

SHOMEN UCHI:  
IKKYO (OMOTE, URA)  
NIKKYO (OMOTE, URA)  
KOTE GAESHI

CHUDAN TSUKI:  
IRIMI NAGE (OMOTE, URA)  
KOTE GAESHI (OMOTE, URA)

Suwari waza:

KATA DORI:  
IKKYO (OMOTE, URA)

SHOMEN UCHI:  
IKKYO (OMOTE, URA)

Buki waza:

KEN:  
KEN SUBURI: 1 – 7  
ZENGO GIRI  
SHIHO GIRI

JO:  
JO SUBURI: 1 – 10  
6 JO KATA

Metoda cwiczen: IPPAN GEIKO,  
KAKARI GEIKO

**4 KYU**

Tachi waza:

KATATE DORI:  
NIKKYO (OMOTE, URA)

KATATE RYOTE DORI:  
KOTE GAESHI

RYOTE DORI:  
IKKYO (OMOTE, URA)  
SHIHO NAGE (OMOTE, URA)  
TENCHI NAGE (OMOTE,  
URA)

UDEKIME NAGE

SHOMEN UCHI:  
SANKYO (OMOTE, URA)  
UCHIKAITEN SANKYO

YOKOMEN UCHI:  
SHIHO NAGE (OMOTE, URA)  
IRIMI NAGE (OMOTE, URA)  
TENCHI NAGE  
KOTE GAESHI  
UDEKIME NAGE

CHUDAN TSUKI:  
UDEKIME NAGE  
HIJKIME OSAE

JODAN TSUKI:  
IKKYO (OMOTE, URA)

Suwari waza:

KATA DORI:  
NIKKYO (OMOTE, URA)

SHOMEN UCHI:  
NIKKYO (OMOTE, URA)

RYOTE DORI:  
KOKYU HO

Buki waza:

KEN:  
KEN SUBURI: 1 – 7  
MIGI NO AWASE  
HIDARI NO AWASE  
GO NO AWASE  
SHICHI NO AWASE  
HAPPO GIRI

JO:  
JO SUBURI: 1 – 20  
13 JO KATA

Metoda cwiczen: IPPAN GEIKO,  
KAKARI GEIKO, TANINZU  
KAKARI GEIKO

**3 KYU**

Tachi waza:

KATATE DORI:  
SANKYO (OMOTE, URA)  
YONKYO (OMOTE, URA)

KATATE RYOTE DORI:  
IKKYO (OMOTE, URA)  
NIKKYO (OMOTE, URA)  
SHIHO NAGE (OMOTE, URA)

RYOTE DORI:  
IRIMI NAGE  
KOTE GAESHI  
KOKYU NAGE

SHOMEN UCHI:  
YONKYO  
GOKYO

YOKOMEN UCHI:  
IKKYO (OMOTE, URA)  
UCHIKAITEN SANKYO

CHUDAN TSUKI:  
SOTOKAITEN NAGE  
UCHIKAITEN SANKYO

JODAN TSUKI:  
KOTE GAESHI  
SHIHO NAGE (OMOTE, URA)

Ushiro waza:

USHIRO RYOTE DORI:  
IKKYO (OMOTE, URA)  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)

HIJKIME OSAE  
KOTE GAESHI (OMOTE, URA)  
IRIMI NAGE  
JUJIGARAMI  
SHIHO NAGE

Suwari waza:

KATA DORI:  
SANKYO (OMOTE, URA)

SHOMEN UCHI:  
IRIMI NAGE  
KOTE GAESHI  
SANKYO (OMOTE, URA)

Buki waza:

KEN:  
KEN SUBURI: 1 – 7  
ICHI NO KUMI TACHI  
KI MUSUBI NO TACHI

JO:  
JO SUBURI: 1 – 20  
31 JO KATA  
ICHI NO KUMI JO

**2 KYU**

Tachi waza:

MUNE DORI:  
IKKYO (OMOTE, URA)  
SHIHO NAGE  
UCHIKAITEN NAGE

KATA DORI MEN UCHI:  
KOTE GAESHI  
SHIHO NAGE  
IRIMI NAGE  
KOSHI NAGE  
IKKYO (OMOTE, URA)

YOKOMEN UCHI:  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)  
YONKYO (OMOTE, URA)  
GOKYO (OMOTE, URA)  
KOSHI NAGE

JODAN TSUKI:  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)

MAE GERI:  
IRIMI NAGE

Ushiro waza:

RYOKATA DORI:  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)  
IRIMI NAGE  
KOTE GAESHI

RYOHIII DORI:  
KOTE GAESHI  
IRIMI NAGE

KATATE DORI KUBI SHIME:  
IKKYO (OMOTE, URA)

ERI DORI:  
IKKYO (OMOTE, URA)

Suwari waza:

RYOKATA DORI:  
IKKYO (OMOTE, URA)

SHOMEN UCHI:  
YONKYO (OMOTE, URA)  
SOTOKAITEN NAGE

CHUDAN TSUKI:  
KOTE GAESHI

JODAN TSUKI:  
IKKYO (OMOTE, URA)

Buki waza:

KEN:  
KEN SUBURI: 1 – 7

KUMI TACHI: 1 – 5

JO:  
JO SUBURI: 1 – 20  
KUMI JO: 1 – 3  
13 JO AWASE

**1 KYU**

Tachi waza:

MUNE DORI MEN UCHI:  
IKKYO (OMOTE, URA)  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)  
KOSHI NAGE

JODAN TSUKI:  
YONKYO (OMOTE, URA)  
KOSHI NAGE  
IRIMI NAGE  
SOTOKAITEN NAGE  
USHIRO KIRI OTOSHI

Ushiro waza:

RYOTE DORI:  
YONKYO (OMOTE, URA)  
KOKYU NAGE  
KOSHI NAGE

KATATE DORI KUBI SHIME:  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)  
KOSHI NAGE

ERI DORI:  
NIKKYO (OMOTE, URA)  
SANKYO (OMOTE, URA)  
IRIMI NAGE

Hammi handachi waza:

RKATATE DORI:  
SHIHO NAGE (OMOTE, URA)  
UCHIKAITEN NAGE  
IKKYO  
KOKYU NAGE

Suwari waza:

RYOKATA DORI:  
SANKYO (OMOTE, URA)  
YONKYO (OMOTE, URA)

KATA DORI MEN UCHI:  
IRIMI NAGE  
KOTE GAESHI  
KOKYU NAGE

SHOMEN UCHI:  
JIYU WAZA

Buki waza:

KEN:  
KEN SUBURI: 1 – 7  
KEN TAI JO: 1 – 5

JO:  
JO SUBURI: 1 – 20  
KUMI JO: 1 – 5  
31 KUMI JO