

ИЗПИТНА ПРОГРАМА ЗА ТЕХНИЧЕСКА СТЕПЕН “ КЮ” И “ДАН” НА БЪЛГАРСКА ДЖУ ДЖИЦУ ФЕДЕРАЦИЯ

Kyu - Dan	Dachi waza, tai sabaki	Ukemi waza	Uke waza	Zuki waza	Atemi Waza	Geri Waza	Nage Waza	Ne Waza	Kansetsu Waza	Katame Waza	Renraku Waza	Duo System	Randori
8 kyu	Heisoku, Kiba	Mae, Yoko, Ushiro	Age uke, Gedan barai	Choku, Oi	-	Mae geri, Kin geri	O soto otoshi	-	-	-	-	-	-
7 kyu	Zenkutsu	Mae mavashi	Uchi uke, Soto uke	Kizami, Jun	Empi uchi	Hiza geri	O goshi, Ura rio ashi dori, Rio ashi dori	Kesa gatame, Kuzure kesa gatame	Ura kubi gatame	-	-	-	-
6 kyu	Kokutsu	Ebu zempo tenkai	Shuto uke	Giaku, Ren	Shuto uchi	Uoko geri	Sasae tsuri komi ashi, De ashi barai, Ipon siu nage	Ushiro kesa gatame, Kata gatame, Kami shiho gatame	Kote gaeshi	Kote gaeshi gatame	-	-	-
5 kyu	Shiko, Fudo	-	Nagashi uke, Osae uke	Tate, Ura	Uraken uchi, Tetsui uchi	Kakato geri, Mikazuki geri	O uchi gari, Morote seoi nage, Kubi nage, Uke goshi	Ude hishigi juji gatame, Gjaku juji gatame, Hadaka jime, Ushiro jime	Kannuki gatame, Soto kannuki gatame	Ude garami, Hiza ashi gatame	-	-	-
4 kyu	Tsugi ashi, Iori ashi, Suri ashi	-	Juji uke	Mawashi, Age	Nukite	Mawashi geri	Tsuri komi goshi, O soto gari, Ko uchi gari, Koshi goruma	Yoko shiho gatame, Kesa garami, Kata juji jime, Okuro eri jime	Kusure kote gaeshi, Waki gatame, Kubi gatame, Osae ude gatame	Ude osae gatame, Kuzure ude garami, Ude hishigi hiza gatame	Zuki-geri Waza	I Part	-
3 kyu	Nekoashi	-	Morote uke, Kake uke	San-bon	Haito	Ushiro geri	Tai otoshi, Okuri ashi barai, harai goshi, Ko soto gari, Hidza goruma	Kuzure kami shiho gatame, Mune gatame, Ude garami, Kami shiho jime	Ude garami, Kote mawashi, Atama ago gaeshi	Kote mawashi gatame, Kata osae, Kusure Ude garami	Zuki-geri Waza, Nage waza	II Part	1
2 kyu	Sanchin	-	Mikazuki geri uke	-	Teisho	Ura mawashi geri	Ko Uci maki komi, Tomoe nage, Morote gari, Uchi mata, Kiri otoshi	Tate shiho gatame, Tate shiho jime, Koshi jime, Tate ha jime	Kote hineri	Hiza hiji gatame, Shiho nage gatame, Ashi ude garami	Zuki-geri Waza, Nage waza, Kansetsu Waza	III Part	2

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1 kyu	-	-	Sokuto uke	-	-	Ushiro mawashi geri	Sumi gaeshi, Te goruma, Tani otoshi, Kata goruma, Sukui nage	Ate sankaku gatame, Ude gatame, Kaeshi jime, Sankaku jime, Kuzure tate shiho gatame	-	Kote hineri gatame, Kote gatame, Kuzure ashi ude garami	Zuki-geri Waza, Nage waza, Kansetsu Waza	IV Part	2
I Dan	5 осн. позиции, видове тай сабаки	-	5 осн. блока	5 осн. юмручни удара	5 осн. удара с ръце	5 осн. удара с крак	Soto maki komi, Irimi nage, Koshi guruma, Shiho nage, Ushiro goshi	Hara gatame, Tate ude hishigi juji gatame	Kansetsu waza – 5 техники	Katame waza- 5 техники	Kaeshi waza /контра техники/ Zuki-geri, Nage, Kansetsu - по една	Duo System	3
II Dan	Посл. преминаване в 3 позиции		Защита от 5 geri waza	Комбинация от 3 zuki waza	Ком-я от 3 atemi waza	Ком-я от 3 geri waza	10 nage waza	5 ne waza	Комбинация от 5 ключа		3 к-ни от: - atemi - nage ne	Duo system	3