

ΥΛΗ ΕΞΕΤΑΣΕΩΝ KENDO 6-1 KYU

6o Kyu

REI HO
OKURI ASHI
AYUMI ASHI
HIRAKI ASHI
SONKYO KAMAE
CHUDAN NO KAMAE
JODAN NO KAMAE
GEDAN NO KAMAE
HASO NO KAMAE
WAKI KAMAE
HIDARI JODAN NO KAMAE
JOGI SUBURI
NANAME SUBURI
HIRAKI SUBURI
SAN KYODO NO SUBURI (MEN – KOTE - DO) X5
(χωρίς Motodachi)
TA MEPH TOY SHINAI – BOGU

5o Kyu

TYAKUSOU (ΦΟΡΕΜΑ BOGU)
FUMIKOMI ASHI
HAYA SUBURI
IPPON UCHI NO WAZA (MEN – KOTE) X5
(okuri ashi και fumikomi ashi)
1o – 3o KATA BOKUTO NI YORU KENDO KIHON WAZA
KEIKO
1o TACHI NO KATA (IPPONME)

4o Kyu

KIHON SHOMEN – SAYU MEN
KIHON WAZA (με FUMIKOMI)
(MEN, KOTE, DO, KOTE-MEN, MEN-MEN)
1o – 3o KATA BOKUTO NI YORU KENDO KIHON WAZA
KEIKO
1o - 2o TACHI NO KATA (IPPONME - NIHONME)

ΥΛΗ ΕΞΕΤΑΣΕΩΝ KENDO 6-1 KYU

3o Kyu	KIRIKAESHI (και Motodachi) UCHI KOMI GEIKO (MEN, KOTE, DO, KOTE-MEN, MEN-DO, KOTE-MEN-DO, MEN TAIATARI HIKI MEN, MEN) (και Motodachi) JI GEIKO (2 X 1') 1o – 3o TACHI NO KATA (IPPONME – SANBONME)
2o Kyu	KIRIKAESHI (και Motodachi) UCHI KOMI GEIKO (MEN, KOTE, DO, KOTE-MEN, MEN-DO, KOTE-MEN-DO, MEN TAIATARI HIKI MEN, KOTE-MEN TAIATARI HIKI MEN, MEN) (και Motodachi) KAKARI GEIKO (30'') (και Motodachi) JI GEIKO (2 X 1,5') 1o – 4o TACHI NO KATA (IPPONME – YONHONME)
1o Kyu	KIRIKAESHI (και Motodachi) KAKARI GEIKO (45'') (και Motodachi) JI GEIKO (2 X 2') 1o – 5o TACHI NO KATA (IPPONME – GOHONME)