

NANBUDO BUKI WAZA

PROGRAM PO STUPNJEVIMA: SHOKYU-CHUKYU-JOKYU

SHOKYU

1. BO NIGIRI WAZA – UHVATI

JUN NIGIRI

GYAKU NIGIRI

YOSE NIGIRI

HASAMI NIGIRI

2. BO DACHI WAZA – STAVOVI

3. BO KIHON WAZA – JEDNOSTAVNE TEHNIKE

- UCHI KATA (GYAKU/SOTO) - UDARCI

SHOMEN UCHI

YOKOMEN UCHI

AGE UCHI

MOROTE UCHI

YOSE NIGIRI UCHI

KAITEN UCHI

DO UCHI

FURIAGE UCHI

- TSUKI KATA – UBODNI UDARCI

CHUDAN TSUKI

JODAN TSUKI

NAGASHI TSUKI

TSUKI OTOSHI

- UKE KATA – BLOKOVI

MOROTE UKE JODAN

MOROTE UKE CHUDAN

MOROTE UKE YOKOMEN

KAITEN UKE (HARAI UKE)

YOKO UKE (SOSAE UKE)

TENSHIN JODAN UKE

- TENSHIN UKE WAZA – BLOKOVI U KRETANJU

TENSHIN CHUDAN UKE

TENSHIN GEDAN BARAI

TENSHIN MAWASHI UKE

ICHIMONJI MAWASHI UKE

4. BO RANDORI TORI

5. BO UKEMI TAISO

SUWATE USHIRO UKEMI

SUWATE YOKO UKEMI

SUWATE KAITEN USHIRO UKEMI

USHIRO UKEMI

YOKO UKEMI

MAE UKEMI/SUTEMI

CHUKYU

1. KIHON BARAI WAZA – JEDNOSTAVNE TEHNIKE ČIŠĆENJA

ASHI BARAI

O SOTO GARI

KAITEN UCHI BARAI

2. KIHON NAGE WAZA – JEDNOSTAVNE TEHNIKE BACANJA

IRIMI NAGE

KAITEN NAGE

OMOTE KAITEN NAGE

KESA NAGE

KIRI KAESHI NAGE

UDE GARAMI NAGE

KOTE GAESHI NAGE

3. KIHON SHIME WAZA – JEDNOSTAVNE TEHNIKE GUŠENJA

KATATE KUBI SHIME

KATA KUBI SHIME

MOROTE KUBI SHIME

HACHIJI GATAME KUBI SHIME

4. CHOKUSEN RANDORI NO KATA

BO RANDORI ICHI NO KATA

BO GYAKU RANDORI ICHI NO KATA

BO RANDORI IRIMI NO KATA

BO GYAKU RANDORI IRIMI NO KATA

5. BO SHIHOTAI KATA

TSUKI

TEN

CHI

HASU

KI

MIZU

6. BO UKE WAZA + RENRAKU WAZA

BO AGE UKE + RENRAKU WAZA

BO SOSAE UKE + RENRAKU WAZA

BO HARAI UKE + RENRAKU WAZA

7. BOKKEN WAZA

TACHI DORI (SHOMEN, YOKOMEN, KIRI KAESHI, KESA DORI, DO UCHI, KOTE GIRI, TSUKI, AGE UCHI)

BOKKEN NO KAMAE (WAKI, HASSO, JODAN, SEIGAN, CHUDAN, KAMI JODAN)

(BOKKEN NO) SHIHO GIRI

(BOKKEN NO) HAPPO GIRI

JOKYU

1. BO RANDORI NO KATA
BO KAITEN RANDORI ICHI NO KATA
BO KAITEN RANDORI SAN NO KATA
BO RANDORI NI NO KATA
BO RANDORI SAN NO KATA
BO KANSETSU RANDORI NO KATA
2. BO NANBU KATA
BO NANBU SHODAN
BO NANBU NIDAN
BO NANBU SANDAN
3. YUDANSHA KATA
BO TEN RYU
BO SEI RYU
4. BO KATA BUNKAI
BO SHIHOTAI BUNKAI
BO YUDANSHA KATA BUNKAI
5. BO NININGAKE (SANINGAKE, YONINGAKE)
6. KUMIBO
7. KUMITACHI
8. BOKKEN RANDORI ICHI NO KATA
9. BOKKEN RANDORI NI NO KATA
10. BOKKEN RANDORI IRIMI NO KATA
11. RANDORI GO NO KATA (SANKUKAI)
12. BOKKEN DORI + BO/JO DORI
IRIMI NAGE
ASHI BARAI
O SOTO GARI
KO SOTO GARI
KO UCHI GARI
UDE GARAMI
OKURI NAGE
KOTE GAESHI NAGE
TAKE KAESHI NAGE
KOTE OROSHI NAGE
KOTE HINERU NAGE
SHIHO NAGE
KOSHI NAGE
MOROTE NAGE
HIJI OTOSHI NAGE
TENCHI NAGE
KATATE KUBI SHIME
KAITEN NAGE
TE KUBI NAGE