

PROGRAM NANBUDO POLAGANJA – 10. KYU DO 5. DAN (NANBUDO DOJO HEIWA – KAPTOL / SAMOBOR)	BUDOHO	KIDOHO I NORYOKUKAIHATSUHO
10. KYU * ZA DJECU DO 6 GODINA (BIJELI POJAS)	<ul style="list-style-type: none"> - SUWATE UKEMI TAISO: MAE, USHIRO, YOKO, KAITEN MAE - DACHI KATA: IZBOR OSNOVNIH STAVOVA - NANBU TSUKI: JODAN, CHUDAN - JODAN UKE, GEDAN BARAI, CHUDAN UKE - MAE GERI, KIN GERI, MAWASHI GERI 	<ul style="list-style-type: none"> - SEIZA - SEIKOZA - ZAREI - KOKYU HO
9. KYU * ZA DJECU DO 6 GODINA (BIJELI POJAS)	<ul style="list-style-type: none"> - UKEMI TAISO (IZ ZENKUTSU DACHI): MAE, USHIRO, YOKO, KAITEN MAE - DACHI KATA: IZBOR OSNOVNIH STAVOVA - OI NANBU TSUKI: JODAN, CHUDAN (JUN, GYAKU) - TENSHIN JODAN UKE, GEDAN BARAI, CHUDAN UKE (IPPON KUMITE) - KANSETSU GERI, KAKATO GERI 	<ul style="list-style-type: none"> - SEIZA - SEIKOZA - ZAREI - KOKYU HO
8. KYU * AKO SE KREĆE OD 8. KYU PROGRAMA, PODRAZUMIJEVA SE I PROGRAM ZA PRETHODNE KYU STUPNJEVE (BIJELI POJAS)	<ul style="list-style-type: none"> - UKEMI TAISO: MAE, USHIRO, YOKO, KAITEN MAE (JUN, GYAKU) - DACHI KATA: IZBOR NAPREDNIJIH STAVOVA - FURIAGE TSUKI, FURI UCHI (JUN, GYAKU) - MAE GERI, KIN GERI, MAWASHI GERI, KANSETSU GERI, KAKATO GERI (JUN, GYAKU) - RANDORI TORI - TENSHIN JODAN UKE, GEDAN BARAI, CHUDAN UKE - UKEMI RANDORI ICHI NO KATA - IPPON KUMITE SHODAN, NIDAN (TENSHIN JODAN UKE, TENSHIN GEDAN BARAI U PARU) 	<ul style="list-style-type: none"> - SEIZA - SEIKOZA - ZAREI - KOKYU HO - UVOD U KI NANBU TAISO
7. KYU (BIJELI POJAS)	<ul style="list-style-type: none"> - UKEMI TAISO: YOKOSEN KAITEN, OTOSHI SUTEMI, SUWATE KAITEN MAE SUTEMI - KAITEN TSUKI - TSUKI SANBON RENZOKUWAZA - MAEGERI SANBON RENZOKUWAZA - SUWATE KAITEN GERI GEDAN - URA MAWASHI GERI, YOKO GERI - RANDORI (ICHI NO KATA) UKE 	<ul style="list-style-type: none"> - KI NANBU TAISO

	<ul style="list-style-type: none"> - KAITEN RANDORI TORI - RANDORI ICHI NO KATA - SHIHOTAI TSUKI - SHIHOTAI TEN - SHIHOTAI CHI 	
6. KYU (BIJELI POJAS)	<ul style="list-style-type: none"> - MAWASHIGERI SANBON RENZOKUWAZA - YOKO GERI SANBON RENZOKUWAZA - GYAKU RANDORI ICHI NO KATA - KAITEN RANDORI ICHI NO KATA - GYAKU KAITEN RANDORI ICHI NO KATA - NANBU SOTAI RANDORI TORI - SHIHOTAI HASU - SHIHOTAI KI - SHIHOTAI MIZU 	- KI NANBU TAISO
5. KYU HAN (ŽUTI POJAS S CRTOM)	<ul style="list-style-type: none"> - KAITEN RANDORI SAN NO KATA - RANDORI IRIMI NO KATA - GYAKU RANDORI IRIMI NO KATA - FURI KAITEN RANDORI (TORI, UKE) 	- KI NANBU TAISO
5. KYU (ŽUTI POJAS)	<ul style="list-style-type: none"> - UKEMI TAISO: MAE SUTEMI, KAITEN MAE SUTEMI - UKEMI RANDORI NI NO KATA - NANBU SOTAI RANDORI UKE - NANBU SHODAN 	- KI NANBU TAISO
4. KYU HAN (NARANČASTI POJAS S CRTOM)	<ul style="list-style-type: none"> - RANDORI NI NO KATA - NANBU SOTAI RENZOKUWAZA (ICHIBAN, NIBAN, SANBAN, YONBAN, GOBAN, ROKUBAN) - NANBU SOTAI RANDORI ICHI NO KATA - NANBU SOTAI RANDORI IRIMI NO KATA 	- NANBU TENCHI UNDO SHIAGE NO KATA TSUKI
4. KYU (NARANČASTI POJAS)	<ul style="list-style-type: none"> - NANBU NIDAN - TAIKKYOKU SHODAN - TAIKKYOKU NIDAN - NANBU SOTAI RANDORI NI NO KATA - NININGAKE SHODAN 	- NANBU TENCHI UNDO SHIAGE NO KATA TEN
3. KYU HAN (ZELENI POJAS S CRTOM)	<ul style="list-style-type: none"> - RANDORI SAN NO KATA - FURI KAITEN RANDORI NO KATA - NANBU SOTAI GYAKU RANDORI ICHI NO KATA - NANBU SOTAI GYAKU RANDORI IRIMI NO KATA 	- NANBU TENCHI UNDO SHIAGE NO KATA CHI
3. KYU (ZELENI POJAS)	<ul style="list-style-type: none"> - USHIRO GERI, USHIRO YOKO GERI, USHIRO MAWASHI GERI - NANBU SANDAN 	- NANBU TENCHI UNDO SHIAGE NO KATA HASU

	<ul style="list-style-type: none"> - TAIKKYOKU SANDAN - TAIKKYOKU YONDAN - NANBU SOTAI RANDORI SAN NO KATA - JIYU RANDORI 	
2. KYU HAN (PLAVI POJAS S CRTOM)	<ul style="list-style-type: none"> - KAITEN RANDORI NI NO KATA - NANBU SOTAI RANDORI YON NO KATA - NINIGAKE NIDAN - JIYU RANDORI 	<ul style="list-style-type: none"> - NANBU SHIZEN NO KI UNDO (TEN NO KI UNDO, CHI NO KI UNDO, KI NO KI UNDO, HASU NO KI UNDO, TSUKI NO KI UNDO, MIZU NO KI UNDO, KU NO KI UNDO)
2. KYU (PLAVI POJAS)	<ul style="list-style-type: none"> - NANBU YONDAN - TAIKKYOKU GODAN - TAIKKYOKU ROKUDAN 	<ul style="list-style-type: none"> - SHIHOTAI KU
1. KYU HAN (SMEDI POJAS S CRTOM)	<ul style="list-style-type: none"> - RANDORI YON NO KATA - RANDORI SUKUI NO KATA - GYAKU RANDORI SUKUI NO KATA - KI NAGARE FURI KAITEN RANDORI ICHI NO KATA - KI NAGARE FURI KAITEN RANDORI NI NO KATA 	<ul style="list-style-type: none"> - NANBU KEIRAKU TAISO ICHIBAN
1. KYU (SMEDI POJAS)	<ul style="list-style-type: none"> - NANBU GODAN - KI NAGARE FURI KAITEN RANDORI SAN NO KATA - KI NAGARE FURI KAITEN RANDORI IRIMI NO KATA - RANDORI KASUMI NO KATA - UMANORI RANDORI NO KATA - KANSETSU RANDORI ICHI NO KATA - KANSETSU RANDORI NI NO KATA - NINIGAKE, SANINGAKE (TOKUI) - NININGAKE JIYU RANDORI - NANBU SOTAI NAGE NO WAZA (5 TEHNIKA S POPISA) *** - SHIKKO (MAE, USHIRO, KAITEN) 	<ul style="list-style-type: none"> - NANBU KEIRAKU TAISO NIBAN - NANBU KEIRAKU TAISO SANBAN
1. DAN (CRNI POJAS)	<ul style="list-style-type: none"> - SUWARI RANDORI ICHI NO KATA - SUWARI RANDORI NI NO KATA - SUWARI RANDORI SAN NO KATA - SUWARI KANSETSU RANDORI ICHI NO KATA - SUWARI KANSETSU RANDORI NI NO KATA - SUWARI KANSETSU RANDORI SAN NO KATA - SHIHOTAI BUNKAI - TAIKKYOKU BUNKAI - IKKYOKU - SEIENCHIN 	<ul style="list-style-type: none"> - NANBU KEIRAKU TAISO YONBAN - NANBU KEIRAKU TAISO GOBAN - NANBU KEIRAKU TAISO ROKUBAN - NANBU KEIRAKU TAISO NANABAN - NEMBUTSU NA-MU-TAI-TAN-HAN-DAN-SEI-NO-SE(I) - TEORIJA: NANBUDO MITSU NO CHIKARA, NANATSU NO CHIKARA - POVIJEST JAPANSKOG BUDOJA, POVIJEST NANBUDOJA

	- SHIN TAJIMA - NANBU SOTAI NAGE NO WAZA (15 TEHNIKA S POPISA) ***	
2. DAN (CRNI POJAS)	- HYAKUHACHI - KAGUYA HIME - NANBU SHODAN, NIDAN, SANDAN BUNKAI - NANBU SOTAI NAGE NO WAZA (25 TEHNIKA S POPISA) ***	- NANBU KEIRAKU IN YO TAISO - KI UNDO (ENKIN KAISHU/KAIGO HO, JUKYU HO, GASHU HO, DAISHUTEN HO, SHOSHUTEN HO)
3. DAN (CRNI POJAS)	- SEIPAI - SAMPO SHO - NANBU YONDAN, GODAN BUNKAI - KI NANBU TAISO BUNKAI - NANBU SOTAI NAGE NO WAZA (35 TEHNIKA S POPISA) ***	- GENKI NANBU NAIKEI TAISO (+ TESTIRANJA) - NANBU TENCHI UNDO U PARU - KOKYU HO - TEORIJA
4. DAN (CRNI POJAS)	- NANBU SOTAI NAGE NO WAZA (45 TEHNIKA S POPISA) ***	- TEORIJA - NANBU KEIRAKU IN-YO TAISO
5. DAN (CRNI POJAS)	- YUDANSHA KATA BUNKAI (IKKYOKU, SEIENCHIN, SHIN TAJIMA, KAGUYA HIME, SAMPO SHO, SEIPAI, HYAKUHACHI) - NANBU SOTAI NAGE NO WAZA (SVE TEHNIKE S POPISA) ***	- TEORIJA

***** NANBU SOTAI NAGE NO WAZA**

1. NANBU SOTAI IRIMI NAGE (TE KAKE DORI)
2. NANBU SOTAI IRIMI NAGE (KATATE DORI)
3. NANBU SOTAI IRIMI NAGE (JODAN DORI)
4. NANBU SOTAI IRIMI NAGE (CHUDAN DORI)
5. NANBU SOTAI IRIMI NAGE (TENCHI DORI)
6. NANBU SOTAI GYAKU IRIMI NAGE
7. NANBU SOTAI OKURI NAGE
8. NANBU SOTAI UDE GARAMI NAGE
9. NANBU SOTAI KAITEN NAGE
10. NANBU SOTAI KOTE GAESHI NAGE
11. NANBU SOTAI KOTE OROSHI NAGE
12. NANBU SOTAI UDE KANSETSU NAGE
13. NANBU SOTAI TAKE KAESHI NAGE
14. NANBU SOTAI UDE OSAE NAGE
15. NANBU SOTAI SHIHO NAGE
16. NANBU SOTAI KUBI NAGE
17. NANBU SOTAI KUBI KAKE NAGE
18. NANBU SOTAI MOROTE NAGE
19. NANBU SOTAI TENCHI NAGE
20. NANBU SOTAI KASUMI NAGE
21. NANBU SOTAI SUWATE NAGE
22. NANBU SOTAI ASHI DORI NAGE

23. NANBU SOTAI KUKI NAGE
24. NANBU SOTAI HIZA DORI NAGE
25. NANBU SOTAI TAI OTOSHI NAGE
26. NANBU SOTAI KIRI KAESHI NAGE
27. NANBU SOTAI IPPON SEOI NAGE
28. NANBU SOTAI KESA NAGE
29. NANBU SOTAI KOSHI NAGE
30. NANBU SOTAI MOROTE KOSHI NAGE
31. NANBU SOTAI KATA GURUMA NAGE
32. NANBU SOTAI TOMOE NAGE
33. NANBU SOTAI SUTEMI KAKATO ASHI NAGE
34. NANBU SOTAI JUJI NAGE
35. NANBU SOTAI JUJI KAKUTO NAGE
36. NANBU SOTAI HIJI OTOSHI NAGE
37. NANBU SOTAI TORAE NAGE
38. NANBU SOTAI JUJI IRIMI NAGE
39. NANBU SOTAI JUJI ASHI BARAI NAGE
40. NANBU SOTAI JUJI O SOTO GARI NAGE
41. NANBU SOTAI O SOTO GARI NAGE
42. NANBU SOTAI KAITEN GERI GEDAN NAGE
43. NANBU SOTAI SUWATE KAITEN GERI GEDAN NAGE
44. NANBU SOTAI JUJI KAITEN GERI GEDAN NAGE
45. NANBU SOTAI KUBI SHIME NAGE
46. NANBU SOTAI HACHIJI GATAME KUBI SHIME NAGE
47. NANBU SOTAI KUMADE IRIMI NAGE
48. NANBU SOTAI SUMI GAESHI NAGE
49. NANBU SOTAI KUBI HINERU NAGE
50. NANBU SOTAI MOROTE TOMOE NAGE
51. NANBU SOTAI JUJI KANSETSU NAGE
52. NANBU SOTAI MOCHI AGE NAGE
53. NANBU SOTAI MUNE DORI NAGE
54. NANBU SOTAI KUBI KAITEN NAGE
55. NANBU SOTAI SUTEMI KUBI KAITEN NAGE