

Trenérsko-metodická komise Českého svazu karate - Zkušební řád shotokan karate

Pomůcka pro přípravu kumite na STV
(Stupně technické vyspělosti)
Shotokan Karate

SHOTOKAN KUMITE



SHOTOKAN KARATE

ZKUŠEBNÍ ŘÁD KUMITE

TRENÉRSKO-METODICKÁ KOMISE ČSKe

Předseda

Jaromír MUSIL

členové

Bc. Jiří FAKTOR, Iva KESLOVÁ

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ÚVOD DO VŠEOBECNÉ ČÁSTI

Technická část zkušebního řádu určuje rozsah znalostí, vyžadovaných na jednotlivé STV Kyu a DAN. Zkušební komisař je oprávněn prověřit cvičence nejen z vědomostí vyžadovaných na příslušný STV, ale i z náplně kteréhokoliv předcházejícího STV.

Dále může zkušební komisař upřesnit techniky, aplikace a akce, které umožní komplexně zhodnotit jeho předvedený výkon. Upřesňující techniky, aplikace a akce však musí být v souladu s nároky požadovanými na příslušný STV. Zkoušený musí znát (z paměti) všechny techniky na dané STV Kyu nebo Dan

Všeobecný průběh zkoušky STV Kyu a DAN:

a) KIHON:

(technika - zkušební komisař náhodně vybere minimálně 1/3 technik)

Každou techniku cvičenec vykonává na povel zkušební komisaře opakovaně za sebou a s maximální koncentrací do doby, než dá zkušební komisař povel na ukončení cvičení.

b) KIHON IDO:

(základní techniky v kombinacích - zkušební komisař může vybrat určité kombinace minimálně však 2/3)

Každou techniku, resp. kombinaci vykonává cvičenec opakovaně za sebou v jednom směru 5x. Poslední zakončí s KIAI. Po páté technice pokračuje stejnou technikou VZAD 5x do výchozího postavení. (pokud není ve zkušebním řádu jinak např. MAWATE) Takto cvičenec vykoná všechny kombinace technik jdoucí za sebou v daném směru bez zastavení.

c) OYO IDO:

(bojové kamae s technikou v kombinacích - zkušební komisař může vybrat kombinace minimálně však 2/3)

Každou techniku, resp. kombinaci vykonává cvičenec s KAMAE opakovaně za sebou v jednom směru 5x. Poslední zakončí s KIAI. Po páté technice pokračuje a vykoná MAWATE a pokračuje 5x do výchozího postoje. Takto cvičenec vykoná všechny kombinace technik jdoucí za sebou v daném směru bez zastavení.

d) KUMITE:

(řízená nebo volná forma techniky ve dvojicích - zkušební komisař vybere minimálně 1/3 kombinací)

Každou útočnou i obranou techniku a kombinaci vykonávají cvičenci 5x. S maximálním nasazením.

e) KATA:

(forma technik proti fiktivnímu soupeři)

Cvičenec zacvičí danou kata z výběru KIHON, SHITEI nebo TOKUI dle směru a stylu.

f) BUNKAI KATA:

(základní aplikace technik v KATA)

Cvičenec provede minimálně daný počet kombinací aplikace dané kata. Musí však dodržet dané útočné a obrané techniky kata. Výchozí postoj obránce je HD/BP a útočník ZD.

g) KIME-WAZA:

(forma provedení techniky, pohybu, KIME a vzdálenosti)

Cvičenec provede dané techniky z BP/ZD na určený terč.

h) TEORETICKÉ ZNALOSTI:

(rozsah znalost názvosloví prováděných technik, povelů a kombinací v karate)

Zkušební komisař může prověřit znalosti v oblasti názvosloví k danému Kyu nebo DAN. Např. znalostí povelů, rozdělení pásma, směry pohybu, posuny, techniky a jiné.

• Technické a obsahové rozdělení Zkušebního řádku:

- | | | |
|----|--------------|-------------------------|
| a) | Skupina I. | od 8. - 6.Kyu |
| b) | Skupina II. | od 5. - 3.Kyu |
| c) | Skupina III. | od 2. - 1. Kyu a 1. Dan |
| d) | Skupina IV. | od 2. Danu výše |

GOHON-KUMITE - STV 7 KYU

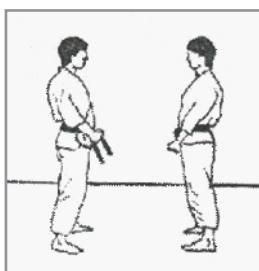
Útočník zahajuje útok v ZD, před zahájením cvičení hlásí název techniky. Obránce začíná překročením z HD do ZD. Možno v kombinacích:

- 5x vpřed/5x zpět
 - 3x vpřed-1x zpět-1x vpřed/3x zpět-1x vpřed-1x zpět (mění se útočník, obránce)
1. T: ZD ayumi-ashi jodan-oi-tsuki
U: ZD opačný střeh (stejný postoj) ushiro-ayumi-ashi age-uke, poslední technika 1x protiútok gyaku-tsuki, kiai
 2. T: ZD ayumi-ashichudan-oi-tsuki
U: ZD opačný střeh (stejný postoj) ushiro-ayumi-ashi soto-ude-uke, poslední technika 1x protiútok gyaku-tsuki, kiai
 3. T: ZD ayumi-ashi chudan-oi-tsuki
U: ZD ushiro-ayumi-ashi uchi-ude-uke, poslední technika 1x protiútok gyaku-tsuki, kiai
 4. T: ZD ayumi-ashi gedan-oi-tsuki
U: ZD opačný střeh (stejný postoj) ushiro-ayumi-ashi gedan-barrai, poslední technika 1x protiútok gyaku-tsuki, kiai

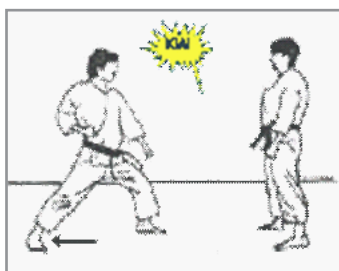
KOMBINACE Č. 1

T: ZD ayumi-ashi jodan-oi-tsuki

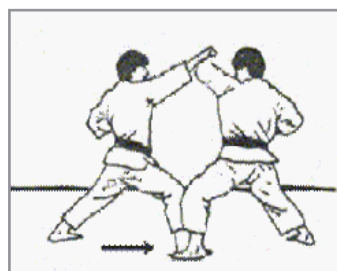
U: ZD opačný střeh (stejný postoj) ushiro-ayumi-ashi age-uke, poslední technika 1x protiútok gyaku-tsuki, (kiai)



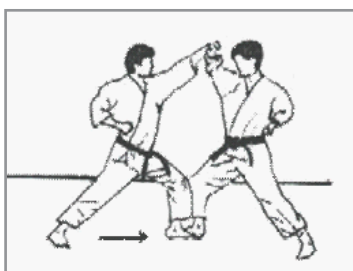
Yoi



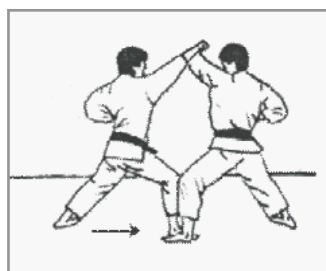
krok dozadu Gedan Barrai



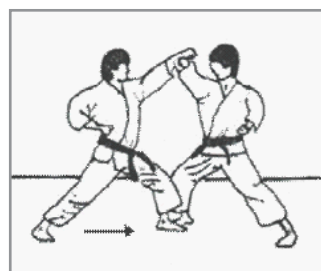
Migi Jodan Oi tsuki
Jodan Age uke



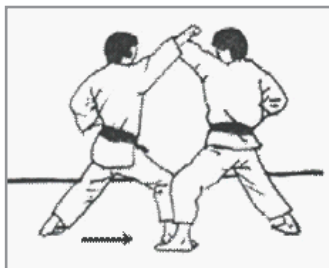
Hidari Jodan Oi tsuki
Jodan Age Uke



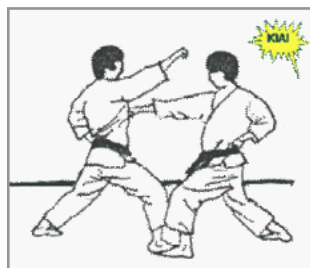
Migi Jodan Oi tsuki
Jodan Age uke



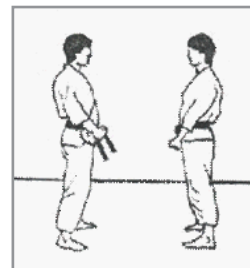
Hidari Jodan Oi tsuki
Jodan Age uke



Migi Jodan Oi tsuki
Jodan Age uke



Gyaku tsuki

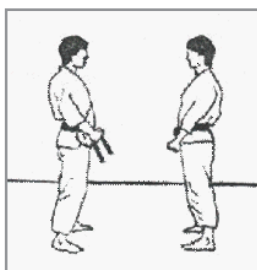


Yame

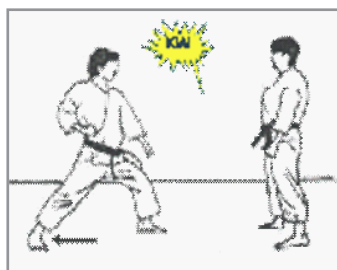
KOMBINACE č. 2

T: ZD ayumi-ashichudan-oi-tsuki

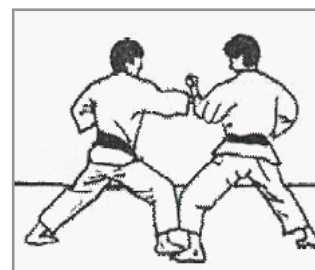
U: ZD opačný střeh (stejný postoj) ushiro-ayumi-ashi soto-ude-uke, poslední technika 1x protiútok gyaku-tsuki, kiai



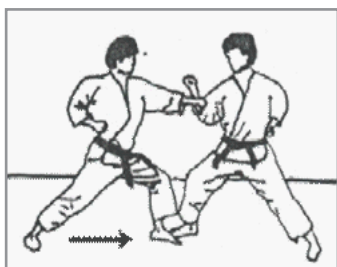
Yoi



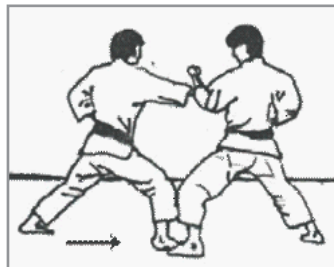
krok dozadu Gedan Barrai



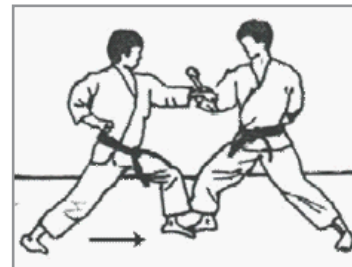
Migi Chudan Oi tsuki
Hidari Soto uke



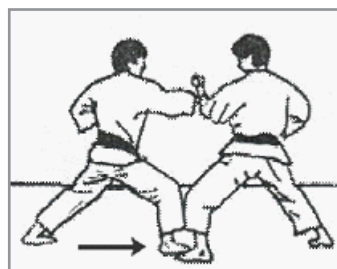
Hidari Chudan Oi tsuki
Migi Soto uke



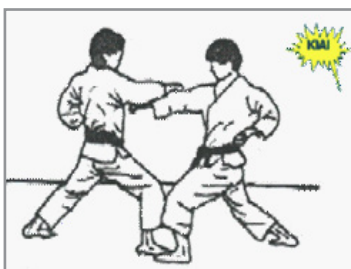
Migi Chudan Oi tsuki
Hidari Soto uke



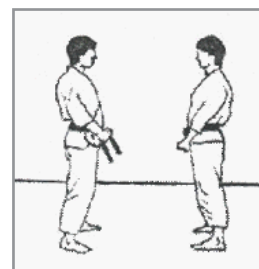
Hidari Chudan Oi tsuki
Migi Soto uke



Migi Chudan Oi tsuki
Hidari Soto uke



Gyaku tsuki



Yame

Kombinace č. 4 a č. 5 je prováděna stejným způsobem jako č. 1 a č. 2 mění se pouze pásmo útoku a technika obrany.

SANBON KUMITE - STV 6 KYU

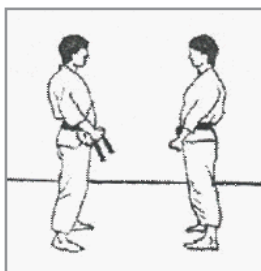
Útočník zahajuje útok v ZD, před zahájením kombinace vždy hlásí pořadí technik. Např. jodan, chudan, maegeri. Obránce začíná z HD. Každá technika je provedena na obě strany (hidari/migi).

1. T: ZD ayumi-ashi oi-tsuki jodan, ayumi-ashi oi-tsuki chudan, ayumi-ashi maegeri chudan
U: ZD ushiro-ayumi-ashi age-uke, ushiro-ayumi-ashi soto-uke, ushiro-ayumi-ashi gedan-barai gyaku-tsuki
2. T: ZD ayumi-ashi oi-tsuki jodan, ayumi-ashi oi-tsuki chudan, ayumi-ashi maegeri chudan
U: ZD ushiro-ayumi-ashi age-uke, ushiro-ayumi-ashi uchi-uke, ushiro-ayumi-ashi gyaku gedan-barai (stejnou rukou jako uchi-uke) kizami-tsuki gyaku-tsuki
3. T: ZD v: oi-tsuki jodan/ oi-tsuki chudan/ maegeri chudan
U: KkD ushiro-ayumi-ashi jodan haiwan-morote-uke, ushiro-ayumi-ashi morote-uchi-ude-uke, ushiro-ayumi-ashi sukui-uke překrok do ZK: gyaku-tsuki

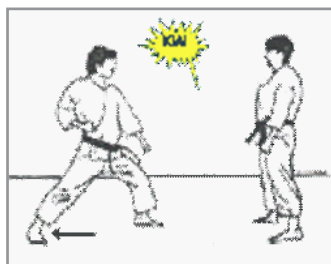
KOMBINACE č. 1

T: ZD ayumi-ashi oi-tsuki jodan, ayumi-ashi oi-tsuki chudan, ayumi-ashi maegeri chudan

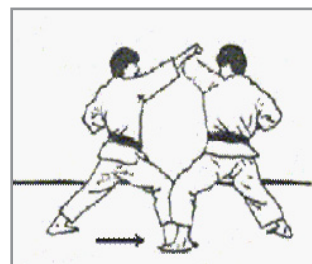
U: ZD ushiro-ayumi-ashi age-uke, ushiro-ayumi-ashi soto-uke, ushiro-ayumi-ashi gedan-barai gyaku-tsuki



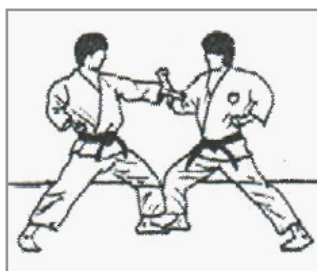
Yoi



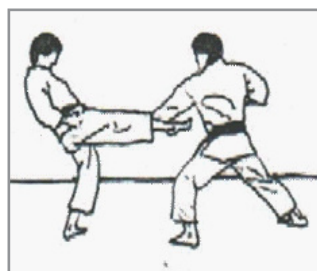
krok dozadu Gedan Barrai



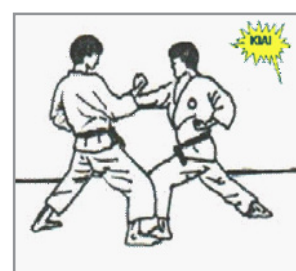
Migi Jodan Oi tsuki
Jodan Age uke



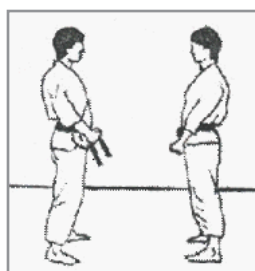
Hidari Chudan Oi tsuki
Chudan Soto uk



Migi Mae Geri
Gedan barai



Chudan Gyaku tsuki

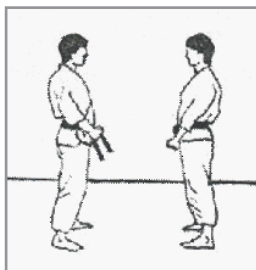


Yame

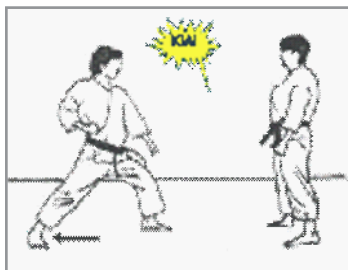
KOMBINACE č. 2

T: ZD ayumi-ashi oi-tsuki jodan, ayumi-ashi oi-tsuki chudan, ayumi-ashi maegeri chudan

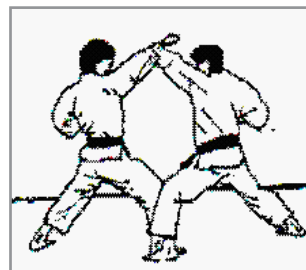
U: ZD ushiro-ayumi-ashi age-uke, ushiro-ayumi-ashi uchi-uke, ushiro-ayumi-ashi gyaku gedan-barai (stejnou rukou jako uchi-uke) kizami-tsuki gyaku-tsuki



Yoi



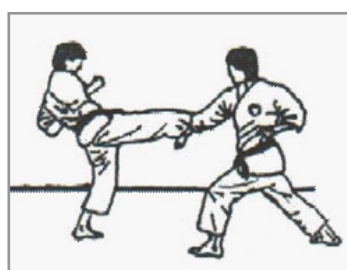
krok dozadu Gedan Barrai



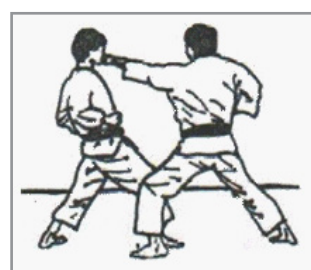
Migi Jodan Oi tsuki
Hidari Jodan Age uke



Hidari Chudan Oi tsuki
Migi Uchi Ude uke



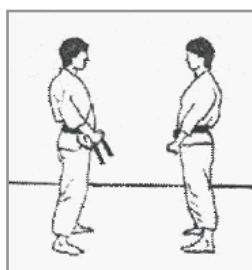
Migi Mae Geri
Gyaku Gedan barai



Jodan Kizami tsuki



Chudan Gyaku tsuki

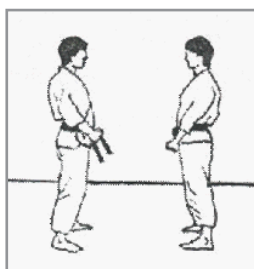


Yame

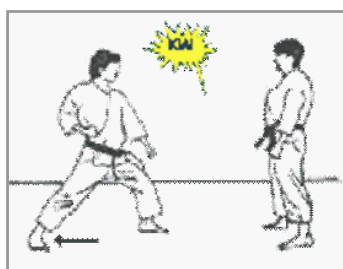
KOMBINACE č. 3

T: ZD v: oi-tsuki jodan/ oi-tsuki chudan/ maegeri chudan

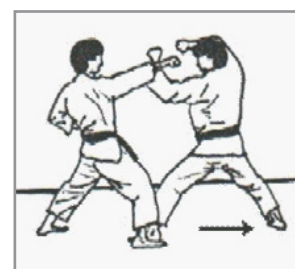
U: KkD ushiro-ayumi-ashi jodan haiwan-morote-uke, ushiro-ayumi-ashi morote-uchi-ude-uke, ushiro-ayumi-ashi sukui-uke překrok do ZK: gyaku-tsuki



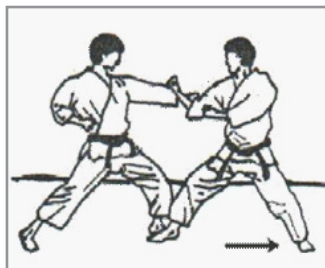
Yoi



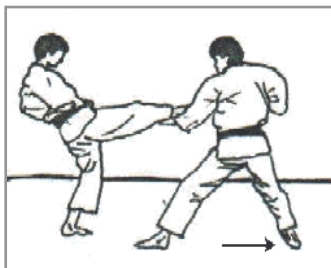
krok dozadu Gedan Barrai



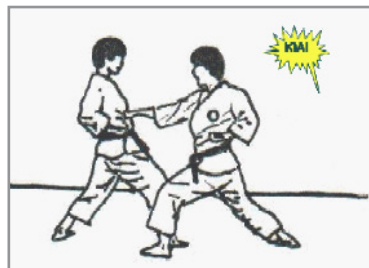
Migi Jodan Oi tsuki
Jodan Haiwan Morote
uke



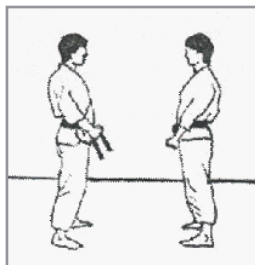
Hidari Chudan Oi tsuki
Chudan Morote uke



Migi Mae Geri
Sukui Uke



Chudan Gyaku tsuki



Yame

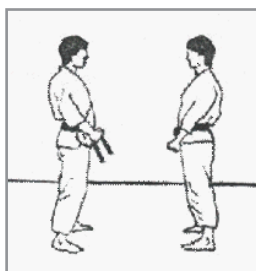
KIHON-IPPON-KUMITE - STV 5 KYU

Útočník zahajuje útok ze ZD, před zahájením kombinace vždy hlásí prováděnou techniku. Obránce začíná z HD. Každá technika je provedena na obě strany (hidari/migi).

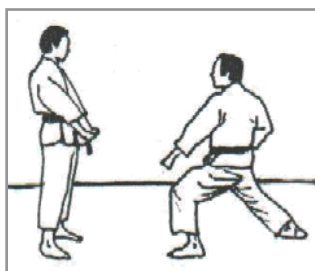
1. 2x T: ZD: ayumi-ashi oi-tsuki jodan (migi)
U: a) HD: úkrok zpět do ZD age-uke gyaku-tsuki (hidari);
b) HD: úkrok zpět 45° do KkD tate-shuto-uke (náprah na soto-mawashi-shuto-uchi)/ přešlap do ZD soto-mawashi-shuto-uchi jodan (hidari)
2. 2x T: ZD: ayumi-ashi oi-tsuki chudan (migi)
U: a) HD: úkrok zpět do ZD (opačný postoj) soto-ude-uke gyaku-tsuki (hidari);
b) HD: úkrok zpět do ZD (stejný postoj) soto-uke (migi) překrok do KiD yoko-empi-uchi
3. 2x T: ZD: ayumi-ashi mae-geri chudan (migi)
U: a) HD: úkrok zpět do ZD gedan-barai gyaku-tsuki (hidari);
b) HD: úkrok zpět do ZD gyaku-gedan-barai kizami-tsuki jodan gyaku-tsuki chudan (hidari)
4. 2x T: ZD: ayumi-ashi yoko-geri-kekomi chudan (migi)
U: a) HD: úkrok zpět 45° (otočením na jedné noze) do ZD soto-ude-uke chudan gyaku-tsuki chudan (hidari);
b) HD: úkrok zpět do FD chudan-haiwan-uke (hidari) překrok do ZD gyaku-soto-haito-uchi jodan (hidari)

KOMBINACE č. 1 (a)

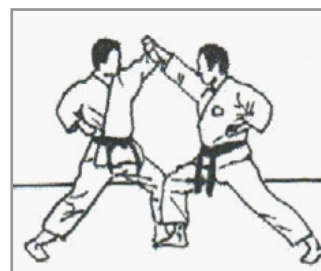
- T: ZD: ayumi-ashi oi-tsuki jodan (migi)
U: a) HD: úkrok zpět do ZD age-uke gyaku-tsuki (hidari);



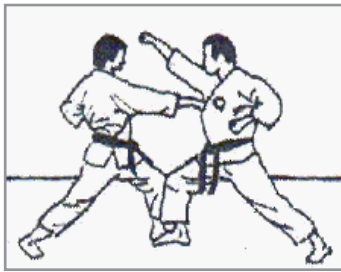
Yoi



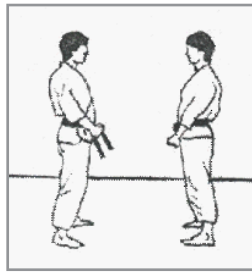
krok dozadu Gedan Barrai



Migi Jodan Oi tsuki
Jodan Age uke



Chudan Gyaku tsuki

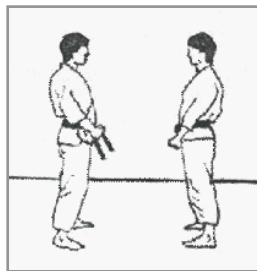


Yoi

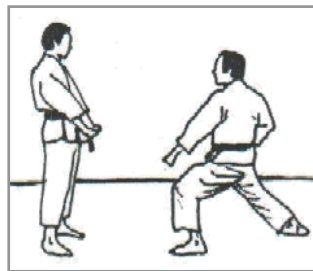
KOMBINACE č. 1 (b)

T: ZD: ayumi-ashi oi-tsuki jodan (migi)

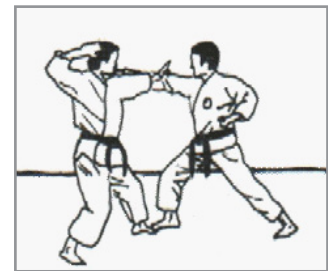
U: b) HD: úkok zpět 45° do KkD tate-shuto-uke (náprah na soto-mawashi-shuto-uchi) / přešlap do ZD soto-mawashi-shuto-uchi jodan (hidari)



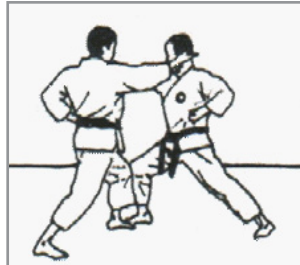
Yoi



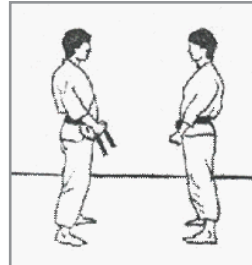
krok dozadu Gedan Barraai



Migi Jodan Oi tsuki
Jodan Tate Shuto uke



Soto Mawashi
Shuto Uchi

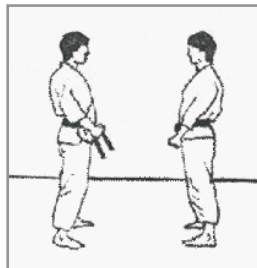


Yoi

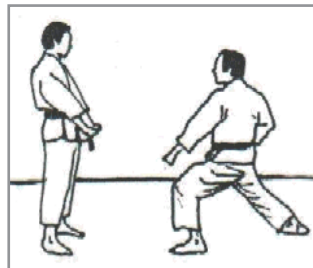
KOMBINACE č. 2 (a)

T: ZD: ayumi-ashi oi-tsuki chudan (migi)

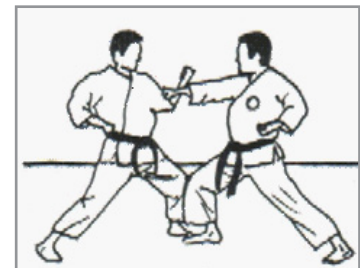
U: a) HD: úkok zpět do ZD (opačný postoj) soto-ude-uke gyaku-tsuki (hidari)



Yoi



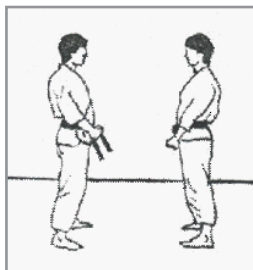
krok dozadu Gedan Barraai



Migi Jodan Oi tsuki
Soto Ude uke



Chudan Gyaku tsuki

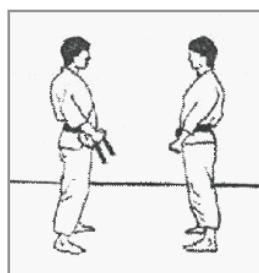


Yoi

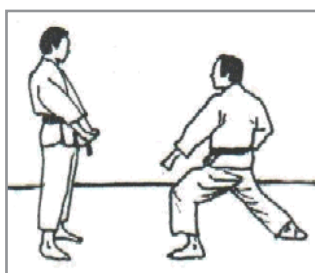
KOMBINACE č. 2 (b)

T: ZD: ayumi-ashi oi-tsuki chudan (migi)

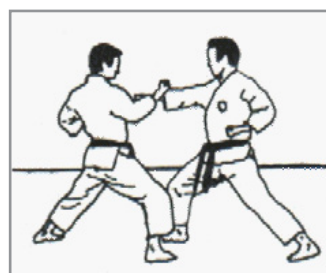
U: b) HD: úkrok zpět do ZD (stejný postoj) soto-uke (migi) překrok do KiD yoko-
empi-uchi



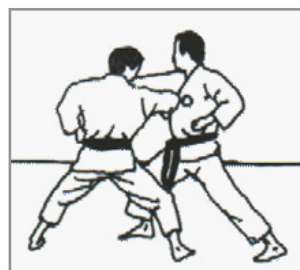
Yoi



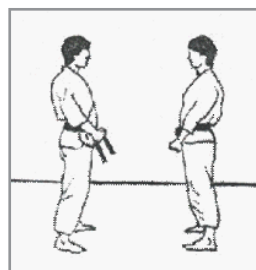
krok dozadu Gedan Barrai



Migi Jodan Oi tsuki
Chudan Soto udeuke



Yoko Enpi uchi

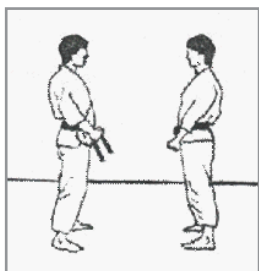


Yoi

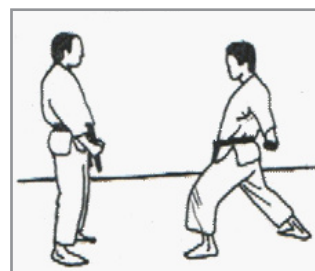
KOMBINACE č. 3 (a)

T: ZD: ayumi-ashi mae-geri chudan (migi)

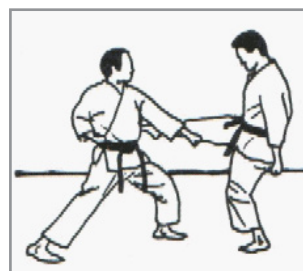
U: a) HD: úkrok zpět do ZD gedan-barai gyaku-tsuki (hidari);



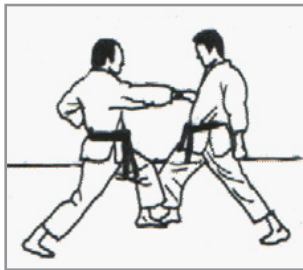
Yoi



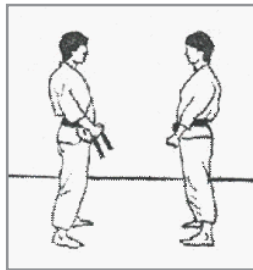
krok dozadu
Zenkutsu dachi



Migi Mae geri
Gedan barai



Chudan Gyaku tsuki

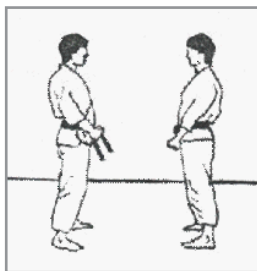


Yoi

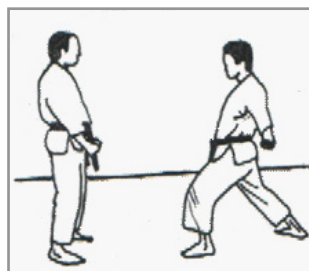
KOMBINACE č. 3 (b)

T: ZD: ayumi-ashi mae-geri chudan (migi)

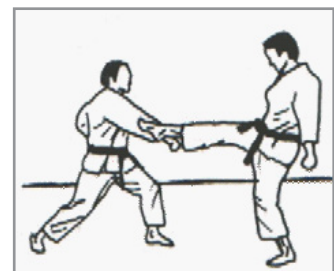
U: b) HD: úkrok zpět do ZD gyaku-gedan-barai kizami-tsuki jodan gyaku-tsuki chudan (hidari)



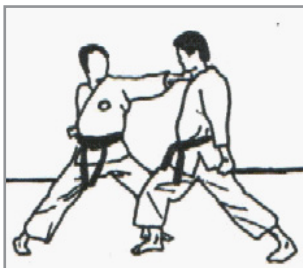
Yoi



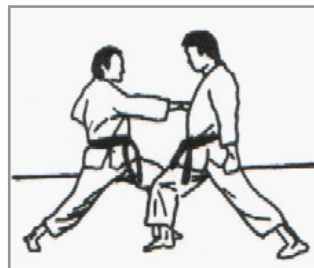
krok dozadu
Zenkutsu dachi



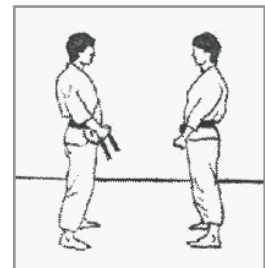
Migi Mae geri
Gyaku Gedan barai



Kizami tsuki



Gyaku tsuki

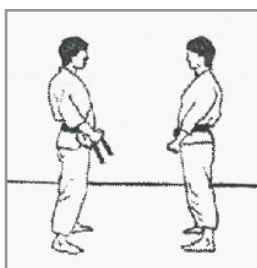


Yoi

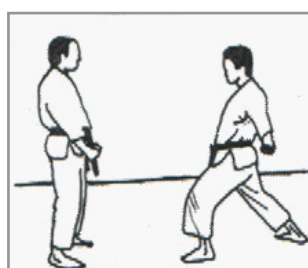
KOMBINACE č. 4 (a)

T: ZD: ayumi-ashi yoko-geri-kekomi chudan (migi)

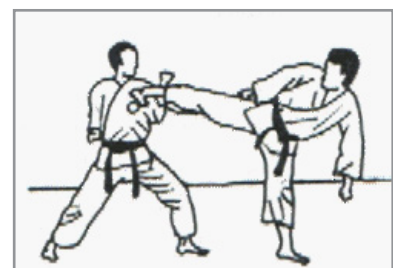
U: a) HD: úkrok zpět 45° (otočením na jedné noze) do ZD soto-ude-uke chudan gyaku-tsuki chudan (hidari);



Yoi



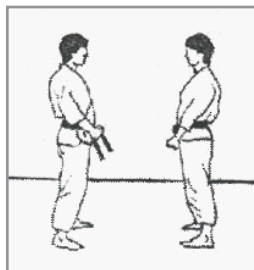
krok dozadu
Zenkutsu dachi



Yoko geri kekomi
Chudan Soto ude uke



Chudan Gyaku tsuki

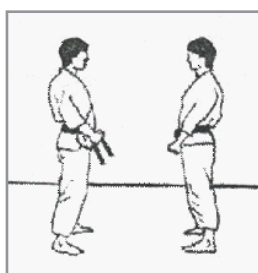


Yoi

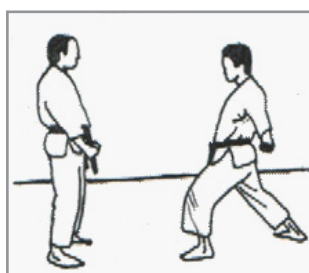
KOMBINACE č. 4 (b)

T: ZD: ayumi-ashi yoko-geri-kekomi chudan (migi)

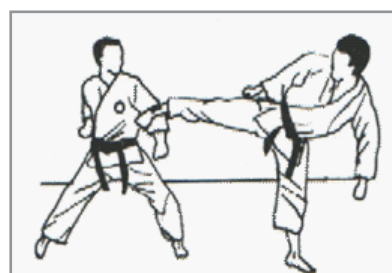
U: b) HD: úkrok zpět do FD chudan-haiwan-uke (hidari) překrok do ZD gyaku-soto-haito-uchi jodan (hidari)



Yoi



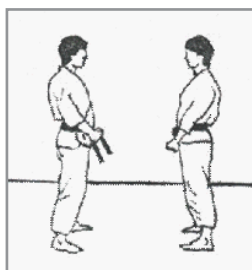
krok dozadu
Zenkutsu dachi



Yoko geri Kekomi
Haiwan uke



Haito uchi



Yoi

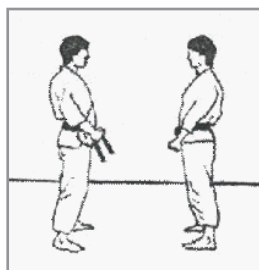
KIHON-IPPON-KUMITE - STV 4 KYU

Útočník zahajuje útok ze ZD, před zahájením kombinace vždy hlásí prováděnou techniku. Obránce začíná z HD. Každá technika je provedena alespoň 2x na obě strany (hidari/migi).

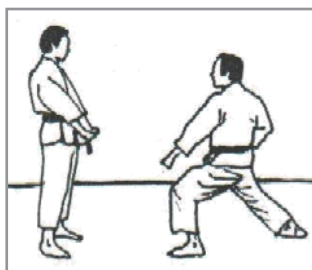
- 1.) 2x T: ZD ayumi-ashi oi-tsuki jodan (migi)
U: a) HD: úkrok zpět levou 45° do HsD sokumen(age)-uke jodan yoko-geri-keage, překrok do KD: yoko-empi-uchi;
b) HD: úkrok zpět do ZD age-uke jodan (hidari) - (půlkrok stažení přední nohy) ayumi-ashi hinari-mae-geri chudan tate-empi-uchi jodan
- 2.) 2x T: ZD: ayumi-ashi oi-tsuki chudan (migi)
U: a) HD: úkrok zpět do ZD uchi-ude-uke kizami-tsuki jodan gyaku-tsuki chudan (hidari);
b) HD: úkrok zpět 45° do KkD shuto-uke (hidari) oi-mae-geri (oi-mawashi-geri) překrok do ZD gyaku-tate-nukite chudan
- 3.) 2x T: ZD ayumi-ashi mae-geri chudan (migi)
U: a) HD: stažení pravé nohy do NaD migi gedan-barai, tate-shuto-uke vykročení do ZD mae-empi-uchi;
b) HD: úkrok zpět do KkD sukui-uke překrok do ZD gyaku-tsuki chudan (hidari)
- 4.) 2x T: ZD: ayumi-ashi yoko-geri-kekomi chudan (migi)
U: a) HD: úkrok do strany 90° ZD ushiro-chudan-barai yoko-geri-kekomi KiD yoko-empi-uchi
b) HD: úkrok zpět do ZD gyaku-gedan-barai kizami-tsuki jodan gyaku-tsuki chudan
- 5.) 2x T: ZD: ayumi-ashi mawashi-geri jodan
U: a) HD: úkrok 90° do ZD haiwan-uchi-uke jodan gyaku-tsuki chudan;
b) HD: úkrok otočením 135° do KiD tate-heiko-shuto-uke yori-ashi yoko-empi-uchi

KOMBINACE č. 1 (a)

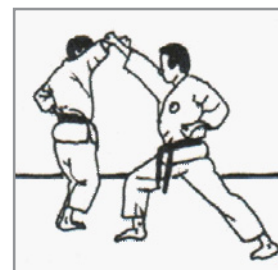
- T: ZD ayumi-ashi oi-tsuki jodan (migi)
U: a) HD: úkrok zpět levou 45° do HsD sokumen(age)-uke jodan yoko-geri-keage, překrok do KD: yoko-empi-uchi



Yoi



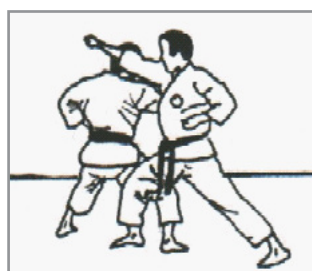
krok dozadu
Gedan Barrai



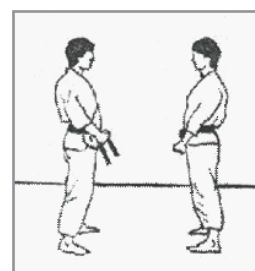
Migi Jodan Oi tsuki
Sokumen Jodan uke



Yoko geri Keage



Yoko Enpi uchi

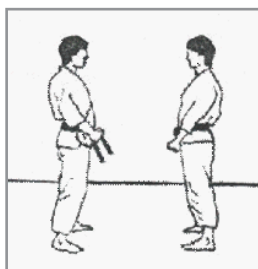


Yoi

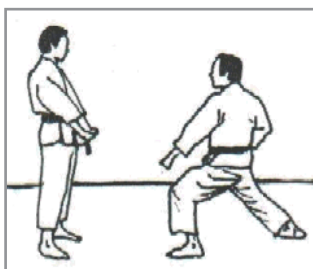
KOMBINACE č. 1 (b)

T: ZD ayumi-ashi oi-tsuki jodan (migi)

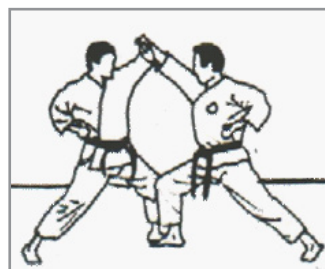
U: b) HD: úkrok zpět do ZD age-uke jodan (hidari) - (půlkrok stažení přední nohy) ayumi-ashi hinari-mae-geri hudan tate-empi-uchi jodan



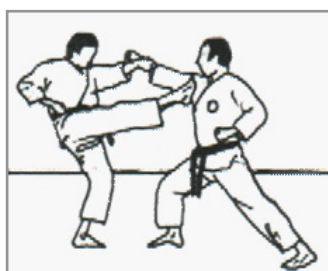
Yoi



krok dozadu
Gedan Barraï



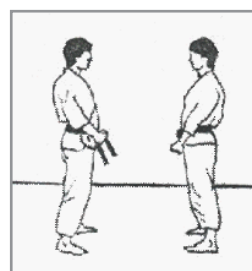
Migi Jodan Oi tsuki
Jodan Age uke



půlkrok stažení přední
nohy a zadní nohou
Mae geri



Tate Enpi uchi

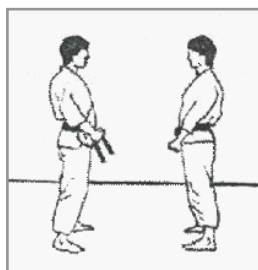


Yoi

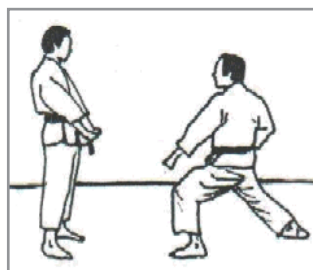
KOMBINACE č. 2 (a)

T: ZD: ayumi-ashi oi-tsuki chudan (migi)

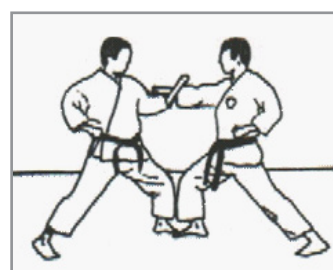
U: a) HD: úkrok zpět do ZD uchi-ude-uke kizami-tsuki jodan gyaku-tsuki chudan (hidari);



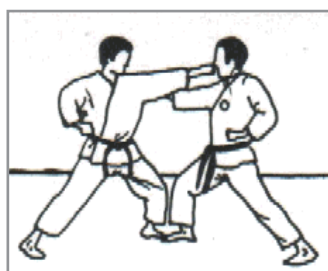
Yoi



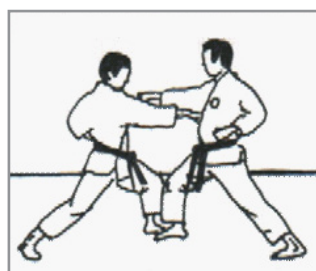
krok dozadu
Gedan Barraï



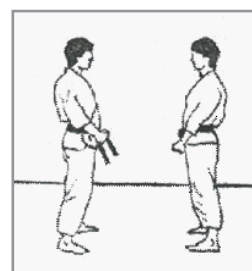
Migi Chudan Oi tsuki
Chudan Uchi Ude uke



Kizami tsuki



Gyaku tsuki

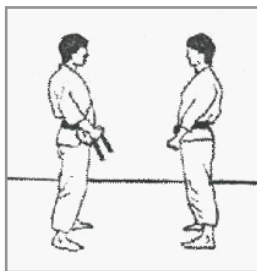


Yoi

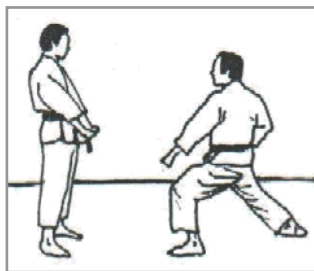
KOMBINACE č. 2 (b)

T: ZD: ayumi-ashi oi-tsuki chudan (migi)

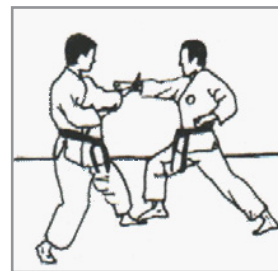
U: b) HD: úkrok zpět 45° do KkD shuto-uke (hidari) oi-mae-geri (oi-mawashi-geri) překrok do ZD gyaku-tate-nukite chudan



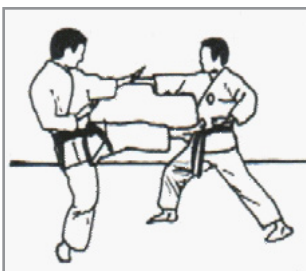
Yoi



krok dozadu
Gedan Barrai



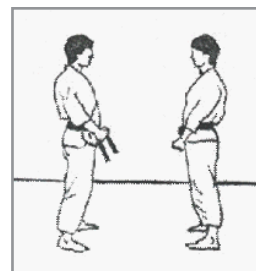
Migi Chudan Oi tsuki
Chudan Shuto Uke



(Kizami)Oi Mae geri



Tate Nukite

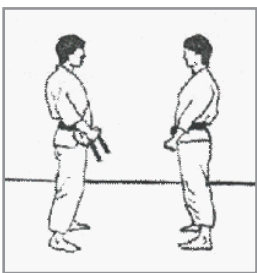


Yoi

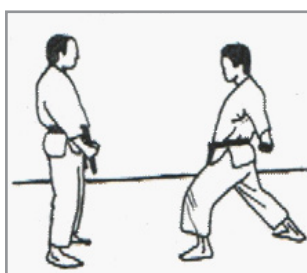
KOMBINACE č. 3 (a)

T: ZD ayumi-ashi mae-geri chudan (migi)

U: a) HD: stažení pravé nohy do NaD migi gedan-barai, tate-shuto-uke vykročení do ZD mae-empi-uchi;



Yoi



krok dozadu
Zenkutsu dachi



Migi Chudan Mae geri
Gedan barai

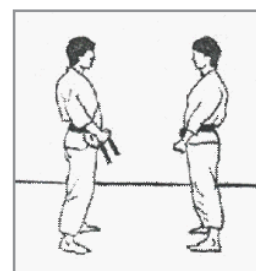


Tate Shuto

Čelní pohled



Mae enpi uchi

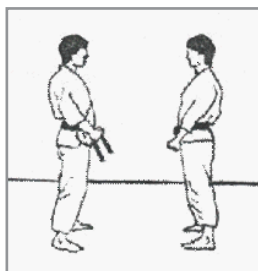


Yoi

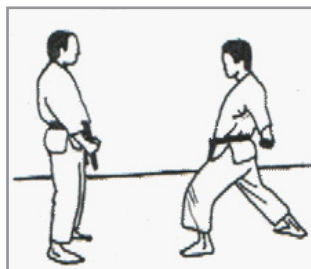
KOMBINACE č. 3 (b)

T: ZD ayumi-ashi mae-geri chudan (migi)

U: b) HD: úkrok zpět do KkD sukui-uke překrok do ZD gyaku-tsuki chudan (hidari)



Yoi



krok dozadu
Zenkutsu dachi



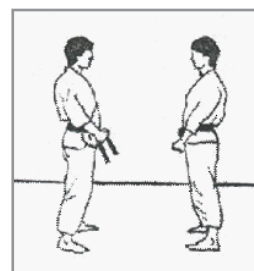
Migi Chudan
Mae geri



Sukui uke



Gyaku tsuki

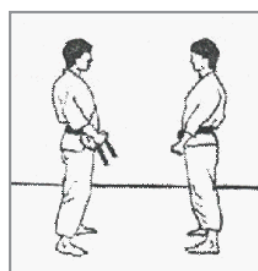


Yoi

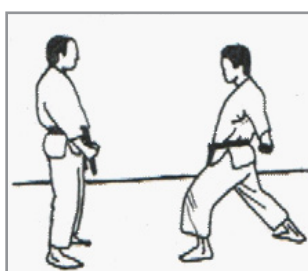
KOMBINACE č. 4 (a)

T: ZD: ayumi-ashi yoko-geri-kekomi chudan (migi)

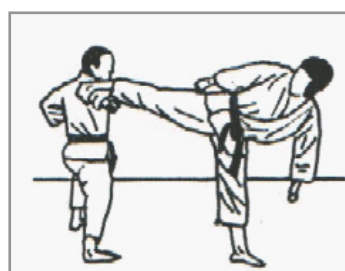
U: a) HD: úkrok do strany 90° ZD ushiro-chudan-barai yoko-geri-kekomi
KiD yoko- empi-uchi



Yoi

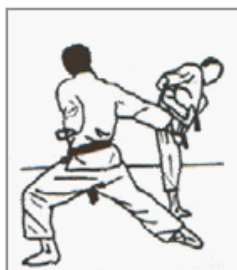


krok dozadu
Zenkutsu dachi



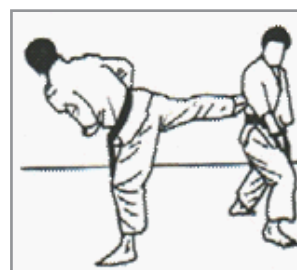
Yoko kekomi
Ushiro Chudan barai

Čelní pohled



Yoko kekomi

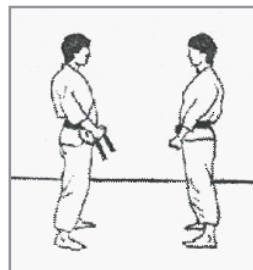
Čelní pohled





Yoko Enpi uchi

Čelní pohled

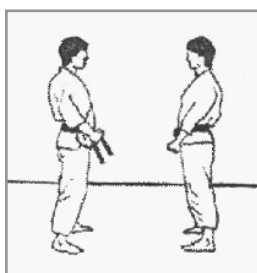


Yoi

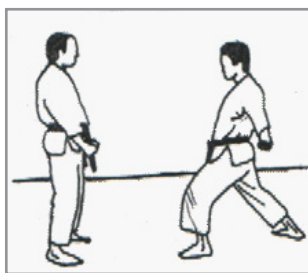
KOMBINACE č. 4 (b)

T: ZD: ayumi-ashi yoko-geri-kekomi chudan (migi)

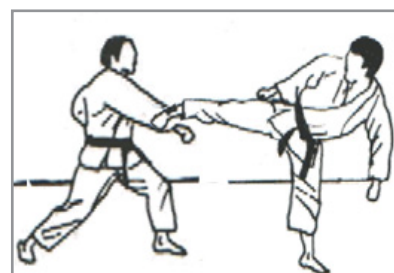
U: b) HD: úkrok zpět do ZD gyaku-gedan-barai kizami-tsuki jodan gyaku-tsuki chudan



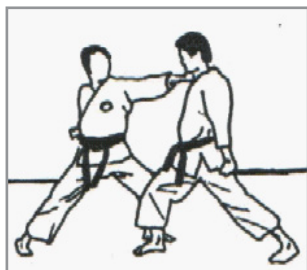
Yoi



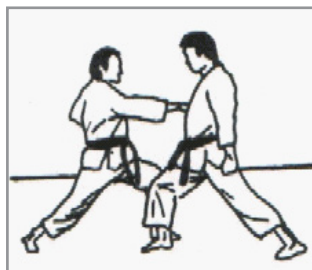
krok dozadu
Zenkutsu dachi



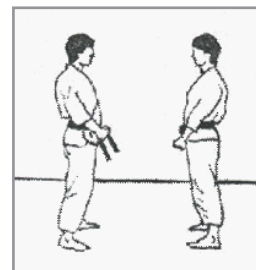
Migi Yoko geri
Gyaku Gedan barai



Kizami tsuki



Gyaku tsuki

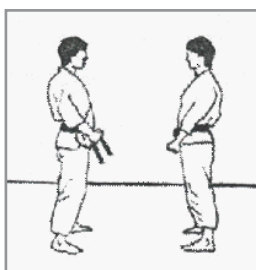


Yoi

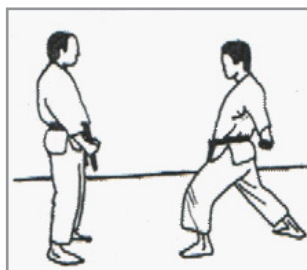
KOMBINACE č. 5 (a)

T: ZD: ayumi-ashi mawashi-geri jodan

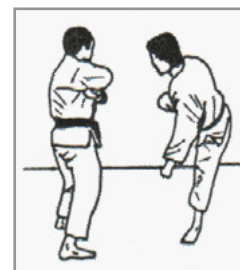
U: a) HD: úkrok 90° do ZD haiwan-uchi-uke jodan gyaku-tsuki chudan;



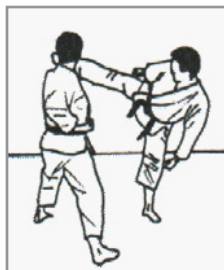
Yoi



krok dozadu
Zenkutsu dachi



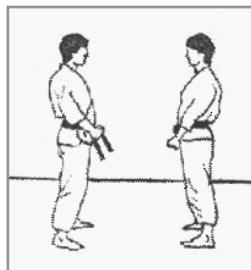
Migi Mawashi
geri



Haiwan Uchi uke



Gyaku tsuki

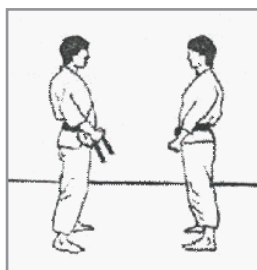


Yoi

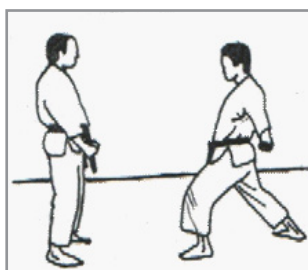
KOMBINACE č. 5 (b)

T: ZD: ayumi-ashi mawashi-geri jodan

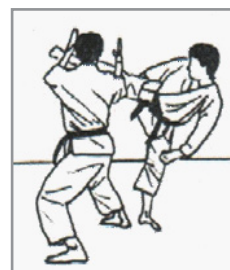
U: b) HD: úkrok otočením 135° do KiD tate-heiko-shuto-uke yori-ashi yoko-empi-uchi



Yoi



krok dozadu
Zenkutsu dachi

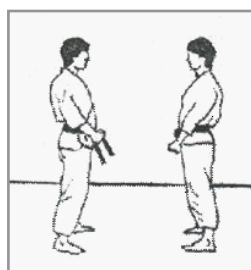


Tate Heiko
Shuto uke



Yoko Empo uchi

Čelní pohled



Yoi

KAESHI-KIHON-IPPON-KUMITE - 3 KYU

Útočník zahajuje útok ze ZD, před zahájením kombinace vždy hlásí prováděnou techniku. Obránce začíná z HD. Po provedení prvního útoku se mění role obránce a útočníka. Každá technika je provedena alespoň 2x na obě strany (hidari/migi).

- 1.) T: ZD ayumi-ashi oi-tsuki jodan (migi)
 U: ZD ushiro- ayumi-ashi age-uke (hidari)
 U->T: ZD ayumi-ashi oi-tsuki jodan (migi)
 T->U: ZD 45° ushiro- ayumi-ashi Tate-shuto-uke ZD chudan-gyaku-tsuki (hidari)

- 2.) T: ZD ayumi-ashi oi-tsuki chudan (migi)
 U: KKD 45° ushiro- ayumi-ashi shuto-uke (hidari)
 U->T: ZD ayumi-ashi chudan-mae-geri (migi)
 T->U: ZD ushiro-ayumi-ashi gyaku gedan-barai jodan-kizami-tsuki chudan-gyaku- tsuki (hidari)

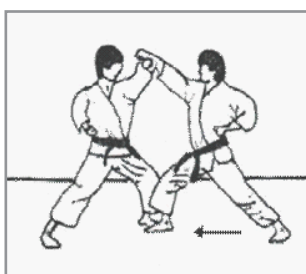
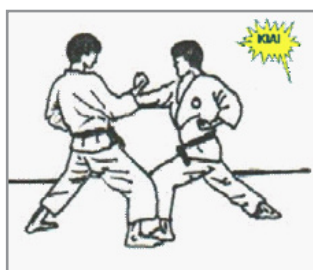
- 3.) T: ZD ayumi-ashi chudan-oi-tsuki (migi)
 U: ZD ushiro- ayumi-ashi gyaku-gedan-barrai (migi)
 U->T: ZD hineri-chudan-yoko-geri-kekomi
 T->U: ZD 45° gedan-baraichudan-gyaku-tsuki (hidari)

KOMBINACE č. 1

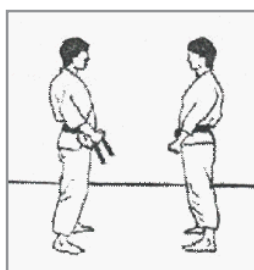
- T: ZD ayumi-ashi oi-tsuki jodan (migi)
 U: ZD ushiro- ayumi-ashi age-uke (hidari)
 U->T: ZD ayumi-ashi oi-tsuki jodan (migi)
 T->U: ZD 45° ushiro- ayumi-ashi Tate-shuto-uke ZD chudan-gyaku-tsuki (hidari)



Yoi

Jodan Oi tsuki
Age ukeJodan Oi tsuki
Tate Shuto uke

Gyaku tsuki



Yoi

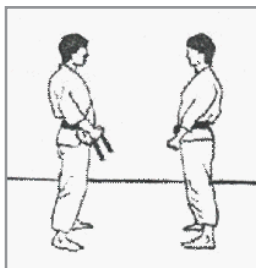
KOMBINACE č. 2

T: ZD ayumi-ashi oi-tsuki chudan (migi)

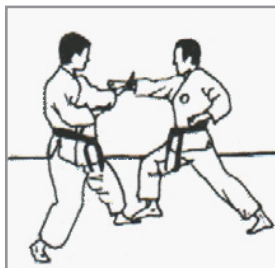
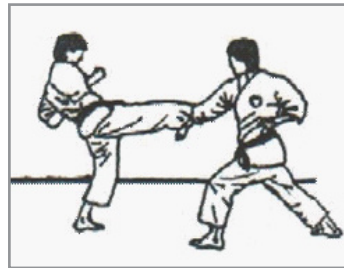
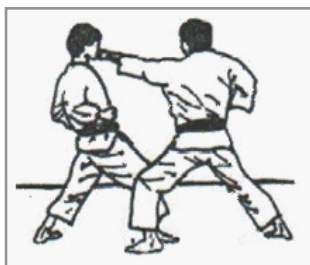
U: KKD 45° ushiro- ayumi-ashi shuto-uke (hidari)

U->T: ZD ayumi-ashi chudan-mae-geri (migi)

T->U: ZD ushiro-ayumi-ashi gyaku gedan-barai jodan-kizami-tsuki chudan-gyaku-tsuki (hidari)



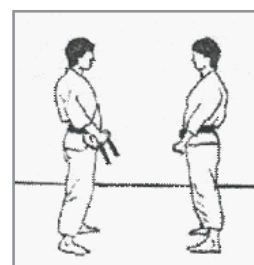
Yoi

Chudan Oi tsuki
Hidari Shuto ukeMigi Mae Geri
Gyaku Gedan barai

Jodan Kizami tsuki



Chudan Gyaku tsuki



Yame

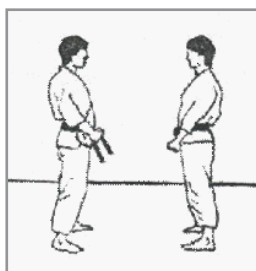
KOMBINACE č. 3

T: ZD ayumi-ashi chudan-oi-tsuki (migi)

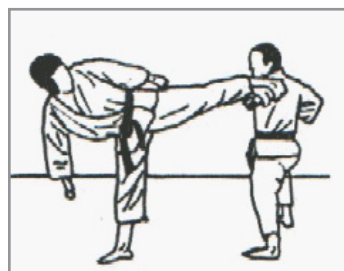
U: ZD ushiro- ayumi-ashi gyaku-gedan-barrai (migi)

U->T: ZD hineri-chudan-yoko-geri-kekomi

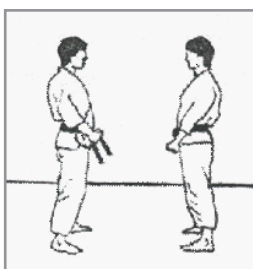
T->U: ZD 45° gedan-barai chudan-gyaku-tsuki (hidari)



Yoi

Oi tsuki
Gyaku Gedan baraiHineri Yoko Geri kekomi
Gedan barai

Gyaku tsuki



Yoi

JIYU-IPPON-KUMITE - 2 KYU

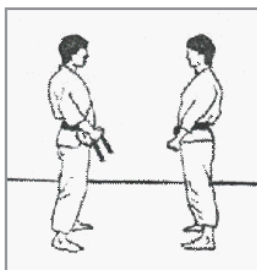
Útočník i obránce zahajuje útok z Kamae, před zahájením kombinace vždy hlásí prováděnou techniku. Každá technika je provedena alespoň 2x na obě strany (hidari/migi). Důležitá je forma a zanchin.

- 1.) 2x T: BP: ayumi-ashi oi-tsuki jodan
U: BP: a) ústup 45° ushiro-suri-ashi tate-shuto-uke jodan gyaku-tsuki chudan;
b) suri-ashi nagashi-uke ura-tsuki
- 2.) 2x T: BP: ayumi-ashi oi-tsuki chudan
U: BP: a) taisabaki 45° soto-ude-uke chudan gyaku-tsuki chudan;
b) ushiro-ayumi-ashi gyaku-seiryuto-gedan-uke uraken-uchi
- 3.) 2x T: BP: hineri mae-geri chudan
U: BP: a) ushiro-suri-ashi gedan-barai gyaku-tsuki;
b) ushiro-ayumi-ashi 45° gedan-barai stažení přední nohy s gyaku- tate-shuto-uke výpad přední nohou kizami-tsuki jodan
- 4.) 2x T: BP: hineri yoko-geri-kekomi chudan
U: BP: a) 45° taisabaki soto-ude-uke gyaku-tsuki chudan;
b) taisabaki gedan-haiwan-uke taisabaki 180° ushiro-mawashi-empi- uchi

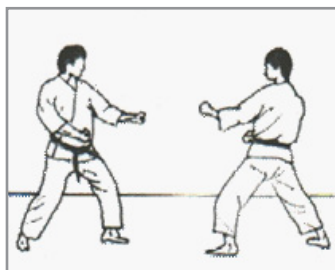
KOMBINACE č. 1 (a)

T: BP: ayumi-ashi oi-tsuki jodan

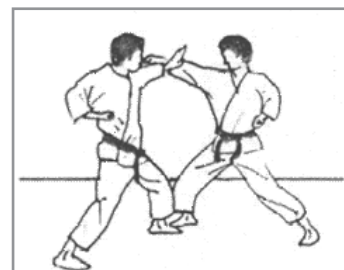
U: BP: a) ústup 45° ushiro-suri-ashi tate-shuto-uke jodan gyaku-tsuki chudan



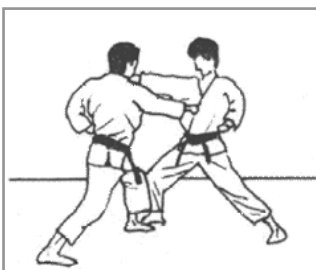
Yoi



Kamaete



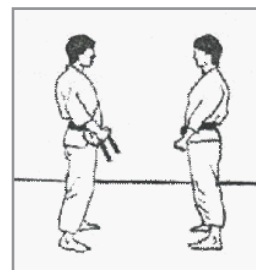
Shodan Tate Shuto Uke



Chudan Gyaku zuki



Hikite gamae
(zanshin)

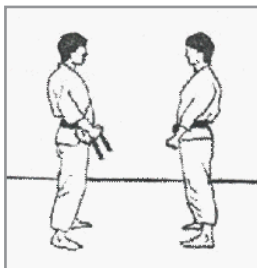


Yoi

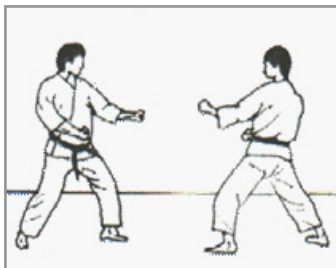
KOMBINACE č. 1 (b)

T: BP: ayumi-ashi oi-tsuki jodan

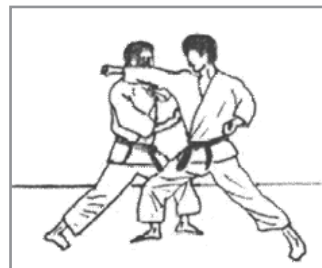
U: BP: b) suri-ashi nagashi-uke ura-tsuki



Yoi

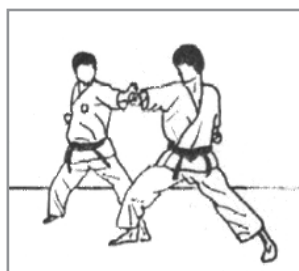


Kamaete

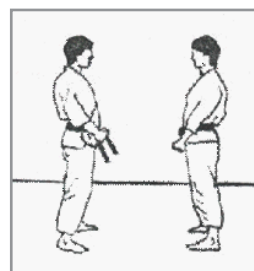


Jodan nagashi uke
Doji chudan ura zuki

Čelní pohled



Hikite gamae
(zanshin)

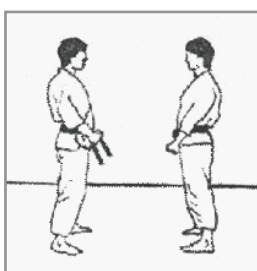


Yoi

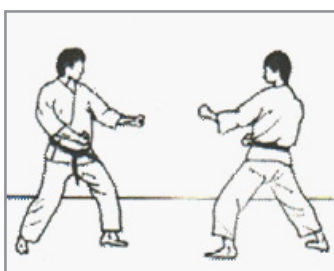
KOMBINACE č. 2 (a)

T: BP: ayumi-ashi oi-tsuki chudan

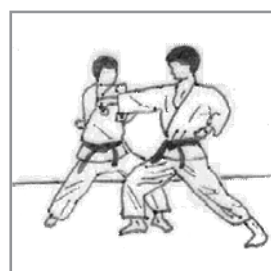
U: BP: a) taisabaki 45° soto-ude-uke chudan gyaku-tsuki chudan



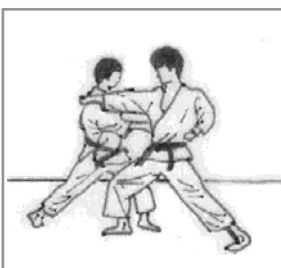
Yoi



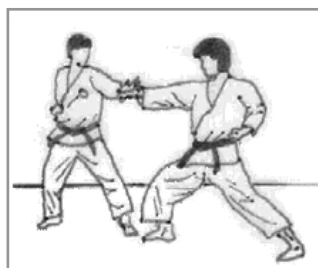
Kamaete



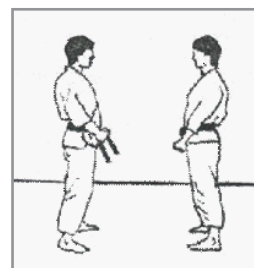
Chudan soto ude
uke



chudan gyaku zuki



Hikite gamae
(zanshin)

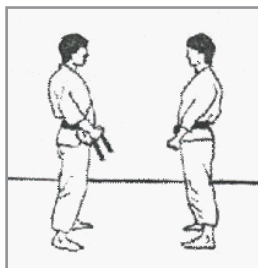


Yoi

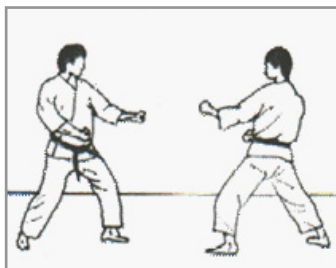
KOMBINACE č. 2 (b)

T: BP: ayumi-ashi oi-tsuki chudan

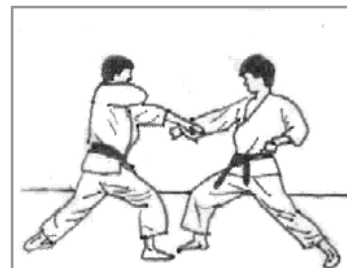
U: BP: b) ushiro-ayumi-ashi gyaku-seiryuto-gedan-uke uraken-uchi



Yoi



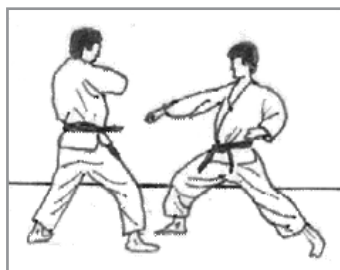
Kamaete



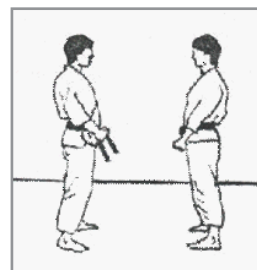
Hidari seiryuto gedan uke



Jodan uraken uchi



Hikite gamae (zanshin)

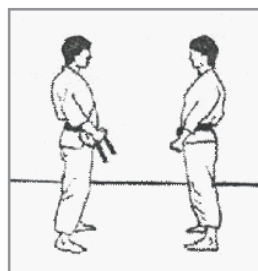


Yoi

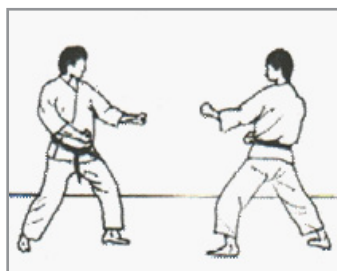
KOMBINACE č. 3 (a)

T: BP: hineri mae-geri chudan

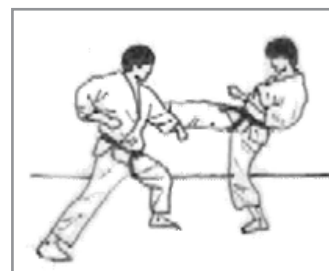
U: BP: a) ushiro-suri-ashi gedan-barai gyaku-tsuki;



Yoi



Kamaete



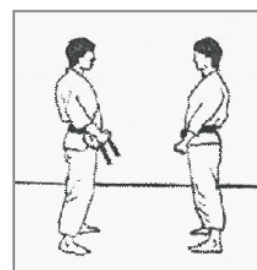
Mae geri
Gedan barai



chudan gyaku zuki



Hikite gamae (zanshin)

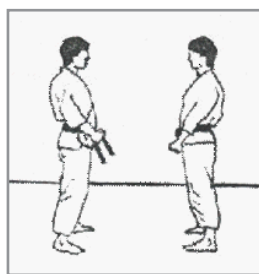


Yoi

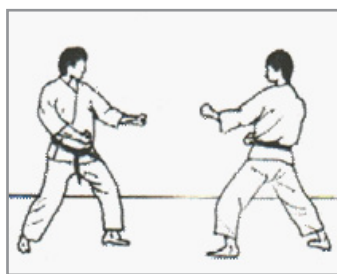
KOMBINACE č. 3 (b)

T: BP: hineri mae-geri chudan

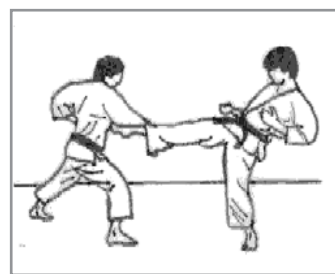
U: BP: b) ushiro-ayumi-ashi 45° gedan-barai stažení přední nohy s gyaku-tate-shuto-uke výpad přední nohou kizami-tsuki jodan



Yoi



Kamaete



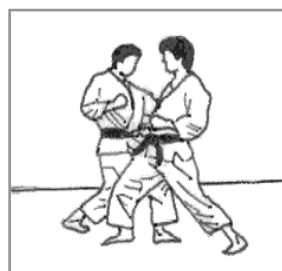
Mae geri
Gedan barai



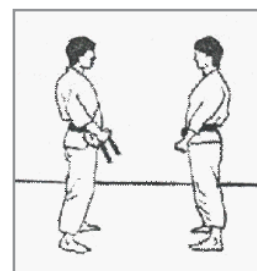
stažení přední nohy s
kamaete



Jodan (jun)
kizami zuki



Hikite gamae
(zanshin)

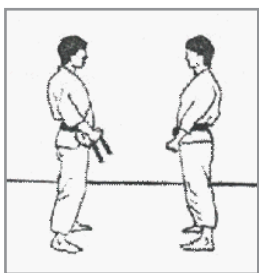


Yoi

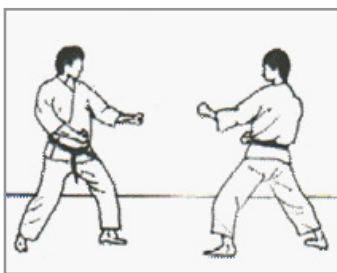
KOMBINACE č. 4 (a)

T: BP: hineri yoko-geri-kekomi chudan

U: BP: a) 45° taisabaki soto-ude-uke gyaku-tsuki chudan;



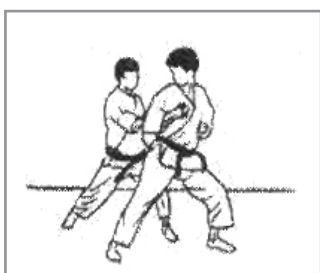
Yoi



Kamaete



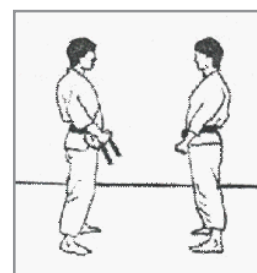
Soto Ude uke



chudan gyaku zuki



Hikite gamae
(zanshin)

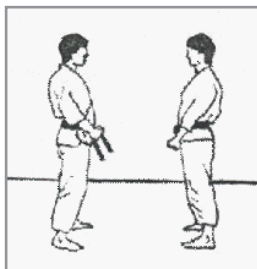


Yoi

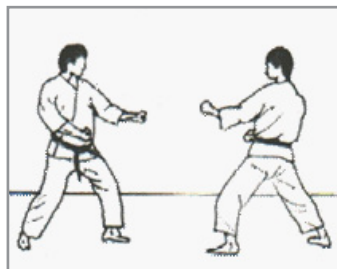
KOMBINACE č. 4 (b)

T: BP: hineri yoko-geri-kekomi chudan

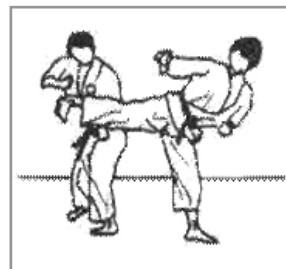
U: BP: b) taisabaki gedan-haiwan-uke taisabaki 180° ushiro-mawashi-empi-uchi



Yoi



Kamaete



Haiwan uke

Čelní pohled

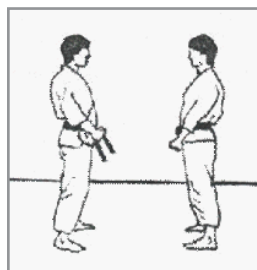


Ushiro Mawashi empi

Čelní pohled



Hikite gamae
(zanshin)



Yoi

JIU-IPPON-KUMITE - 1 KYU

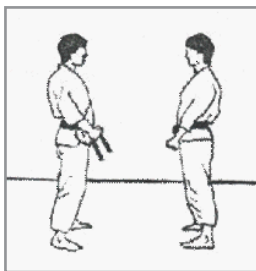
Útočník i obránce zahajuje útok z Kamae, před zahájením kombinace vždy hlásí prováděnou techniku. Každá technika je provedena na obě strany (hidari/migi).

1. 2x T: BP: ayumi-ashi oi-tsuki jodan
U: BP: a) 45° ushiro-ayumi-ashi age-uke jodan oi-mawashi-geri chudan gyaku-tsuki chudan
b) stažení přední nohy s hirate-barai výpad s teisho-uchi chudan (obloukový úder)
2. 2x T: BP: ayumi-ashi oi-tsuki chudan
U: BP: a) yoko-suri-ashi gyaku-tsuki chudan
b) de-ai hineri-mae-geri kopající noha zpět s gedan-barai (blok oi-tsuki) kizami-tsuki jodan
3. 2x T: BP: mae-geri chudan
U: BP: a) suri-ashi gedan-juji-uke, 45° taisabaki yoko-shuto-uchi jodan
b) ayumi-ashi osa-uke (zakročit za soupeře) mawate (180°) s nagashi-uke gyaku-tsuki chudan
4. 2x T: BP: mawashi-geri jodan
U: BP: a) yoko-suri-ashi 90° haiwan-uke jodan gyaku-tsuki chudan
b) Stažení přední nohy awase-shuto-uke hineri-mawashi-geri jodan

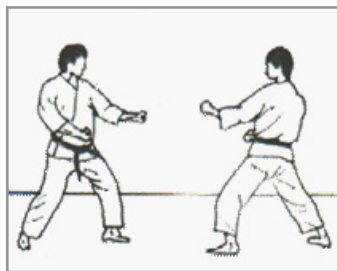
KOMBINACE č. 1 (a)

T: BP: ayumi-ashi oi-tsuki jodan

U: BP: a) 45° ushiro-ayumi-ashi age-uke jodan oi-mawashi-geri chudan gyaku-tsuki chudan



Yoi



Kamaete



Jodan age uke

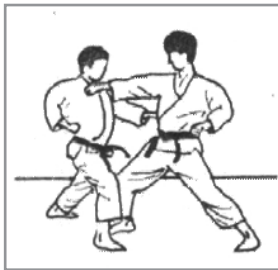
Čelní pohled



Kizami mawashi geri

Čelní pohled

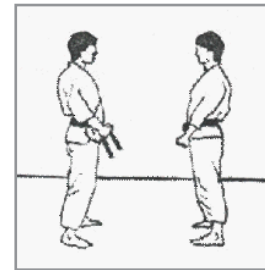




Chudan gyaku zuki



Hikite gamae
(zanshin)

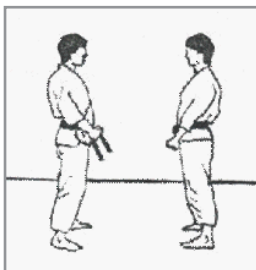


Yoi

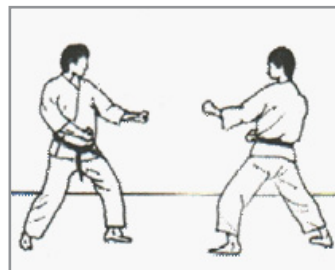
KOMBINACE č. 1 (b)

T: BP: ayumi-ashi oi-tsuki jodan

U: BP: b) stažení přední nohy s hirate-barai výpad s teisho-uchi chudan
(obloukový úder)



Yoi



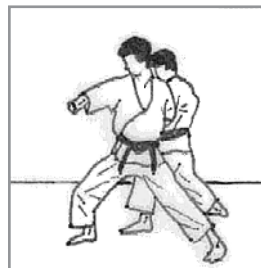
Kamaete



Hirate barai



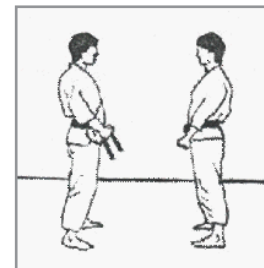
Chudan teisho uchi



Hikite gamae
(zanshin)



Čelní pohled

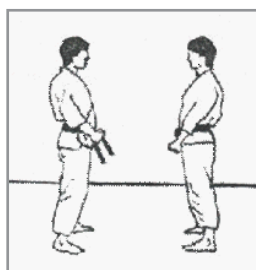


Yoi

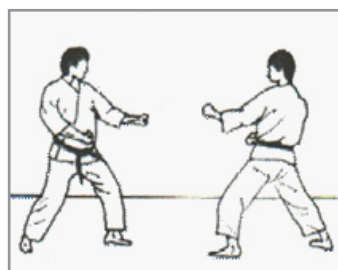
KOMBINACE č. 2 (a)

T: BP: ayumi-ashi oi-tsuki chudan

U: BP: a) yoko-suri-ashi gyaku-tsuki chudan



Yoi

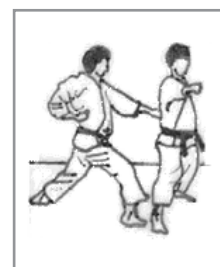


Kamaete



Gyaku zuki

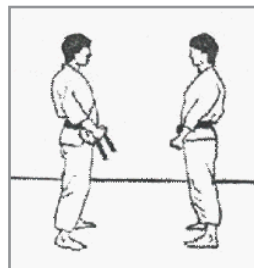
Čelní pohled



Čelní pohled



Hikite gamae
(zanshin)

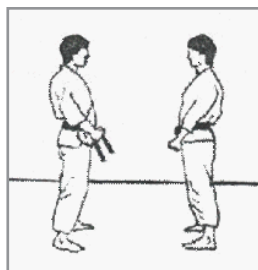


Yoi

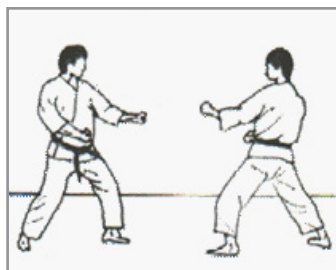
KOMBINACE č. 2 (b)

T: BP: ayumi-ashi oi-tsuki chudan

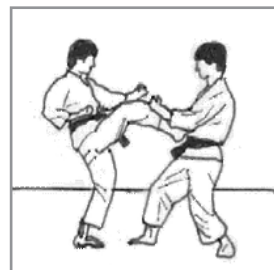
U: BP: b) de-ai hineri-mae-geri kopající noha zpět s gedan-barai (blok oi-tsuki)
kizami-tsuki jodan



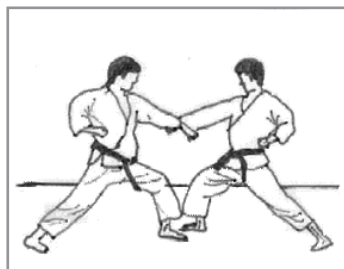
Yoi



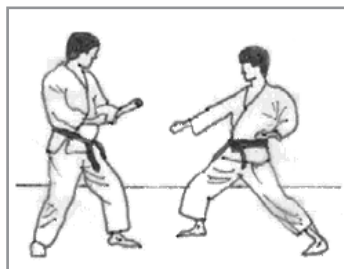
Kamaete



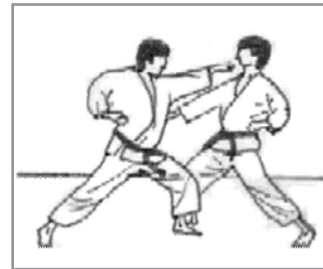
Deai Chudan mae
geri



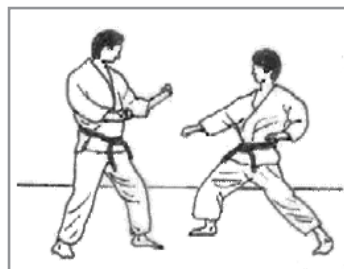
Gedan barai



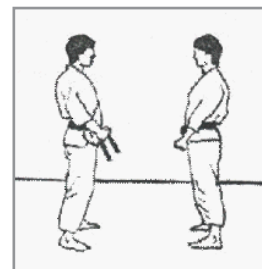
Kamae



Jodan kizami zuki



Hikite gamae
(zanshin)



Yoi

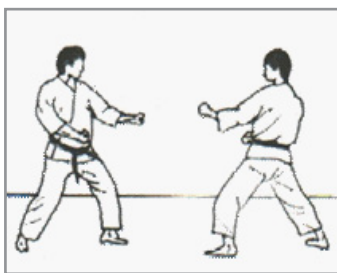
KOMBINACE č. 3 (a)

T: BP: mae-geri chudan

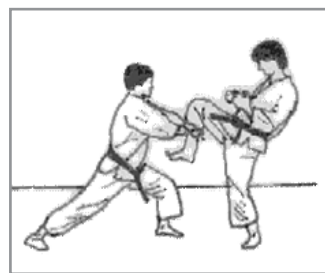
U: BP: a) suri-ashi gedan-juji-uke, 45° taisabaki yoko-shuto-uchi jodan



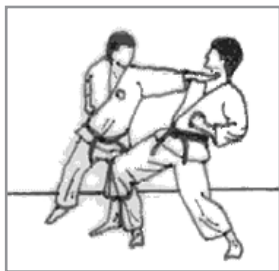
Yoi



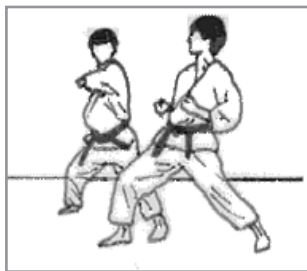
Kamaete



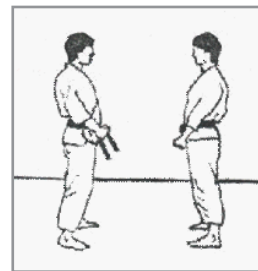
Gedan Juji uke



Yoko Shuto uchi



Hikite gamae
(zanshin)



Yoi

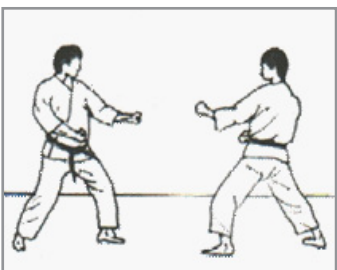
KOMBINACE č. 3 (b)

T: BP: mae-geri chudan

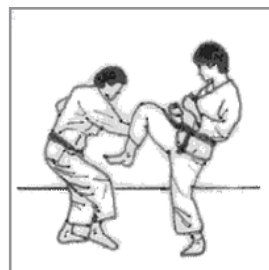
U: BP: b) ayumi-ashi osa-uke (zakročit za soupeře) mawate (180°) s nagashi-uke gyaku-tsuki chudan



Yoi



Kamaete



Gedan Osaie
nagashi uke



mezikrok



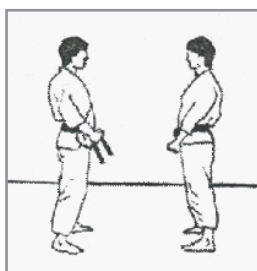
Tenshin gamae



Chudan Gyaku zuki



Hikite gamae
(zanshin)

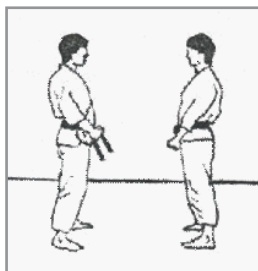


Yoi

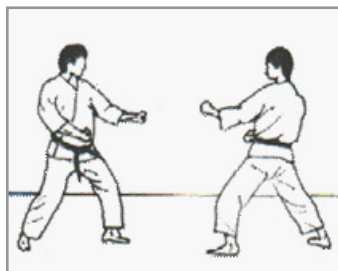
KOMBINACE č. 4 (a)

T: BP: mawashi-geri jodan

U: BP: a) yoko-suri-ashi 90° haiwan-uke jodan gyaku-tsuki chudan



Yoi



Kamaete



Chudan Haiwan
uke

Čelní pohled



Chudan Gyaku
zuki

Čelní pohled

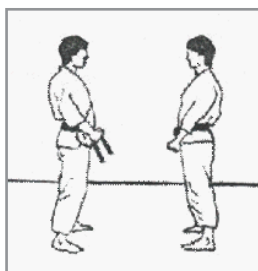


Yoi

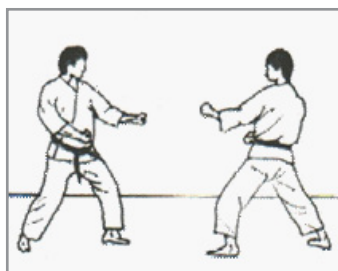
KOMBINACE č. 4 (b)

T: BP: mawashi-geri jodan

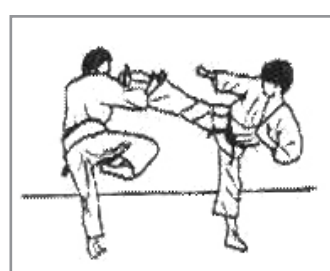
U: BP: b) Stažení přední nohy awase-shuto-uke hineri-mawashi-geri jodan



Yoi



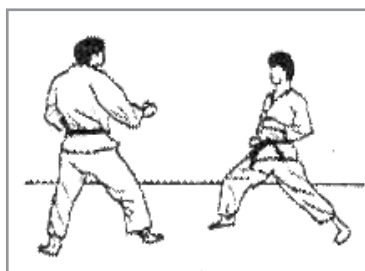
Kamaete



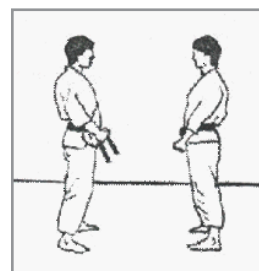
Awase Shuto uke



Mawashi geri



Hikite gamae
(zanshin)



Yoi

TRENÉRSKO-METODICKÁ KOMISE ČSKe

Předseda
Jaromír MUSIL

členové
Bc. Jiří FAKTOR, Iva KESLOVÁ

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