

## 12. kyu žltý opasok

kotúľ vpred <https://www.youtube.com/watch?v=A2RutSol3kw>

kotúľ vzad <https://www.youtube.com/watch?v=YSOqif7R9-I>

shomen uchi <https://youtu.be/9nF2G3OQYok>

mae geri <https://www.youtube.com/watch?v=5bpp5ioiPzg>

pohyb tai no henka <https://www.youtube.com/watch?v=u3mITv-TiyA>

<https://www.youtube.com/watch?v=sGFEC9wq8I0>

JO : roku no jo / 6 kroková kata / prvé tri kroky <https://youtu.be/vr0JLAYLhOk>

## 11. kyu oranžový opasok

mae ukemi [https://www.youtube.com/watch?v=BMOQeQRmp\\_Q](https://www.youtube.com/watch?v=BMOQeQRmp_Q)

<https://youtu.be/-VHT1TAAV1o>

ushiro ukemi <https://www.youtube.com/watch?v=d61pUxJVPVI>

<https://youtu.be/WKwVTYcr0TU>

pohyby irimi a tenkan <https://www.youtube.com/watch?v=hrCd44gs0gw>

<https://www.youtube.com/watch?v=RXXZF1SyMb4>

shomen uchi ikkyo [https://www.youtube.com/watch?v=pj1T\\_ouAL-4](https://www.youtube.com/watch?v=pj1T_ouAL-4)

<https://www.youtube.com/watch?v=4t1QWSruXdw>

JO: roku no jo / 6 kroková kata / celá kata <https://www.youtube.com/watch?v=PijemeoQocE>

BOKKEN: cvičenie shomen/uke nagashi/shomen <https://youtu.be/3PmmWTSnKOA>

## 10. kyu červený opasok

yoko ukemi [https://www.youtube.com/watch?v=xyJ17I1gm\\_U](https://www.youtube.com/watch?v=xyJ17I1gm_U)

<https://www.youtube.com/watch?v=wt6tiKvUNkc>

shikkó <https://www.youtube.com/watch?v=PrwJCmX2ApY>

<https://www.youtube.com/watch?v=pfAma68ISrQ>

yokomen uchi <https://www.youtube.com/watch?v=EKFEE-KtzLA>

empi uchi <https://youtu.be/Dt063kxtXWM>

<https://www.youtube.com/watch?v=8cZxwiPWEIc>

aihanmi ikkyo <https://www.youtube.com/watch?v=4t1QWSruXdw>

[https://www.youtube.com/watch?v=4gn\\_lzJaJYs](https://www.youtube.com/watch?v=4gn_lzJaJYs)

aihanmi irimi nage <https://youtu.be/S6VdDYJDY4U>

aihanmi kokyuhó <https://youtu.be/oK5PAk-RDkY>

JO: 13 no jo kata <https://www.youtube.com/watch?v=JpJPfLjDuD4>

BOKKEN: cvičenie shomen/uke nagashi/shomen vo dvojiciach <https://youtu.be/c2dL9jGXco>

## 9. kyu zelený opasok

zempo ukemi <https://youtu.be/TB0EmPh99rc>

chudan tsuki - irmi nage <https://www.youtube.com/watch?v=KZCoWLjTj6k>

<https://www.youtube.com/watch?v=Ch4CC5stbVU>

chudan tsuki kokyuhō <https://www.youtube.com/watch?v=IznTgxNgXxY>

chudan tsuki kote gaeshi <https://www.youtube.com/watch?v=wwTp2ps1OYU>

<https://www.youtube.com/watch?v=yz1gpS0qioE>

shomen uchi - irmi nage <https://youtu.be/ZcEnl6umMiA>

<https://youtu.be/vAMOmweE3iL8>

shomen uchi kokyuhō <https://youtu.be/MuP5yUQrL3Y>

shomen uchi aiki nage <https://www.youtube.com/watch?v=NotHwtJicyA>

<https://www.youtube.com/watch?v=H2wVaYnPsBc>

JO: 13 no jo celá kata vo dvojiciach <https://youtu.be/X3rhQ15jK9M>

BOKKEN: kata 4 svetové strany č.1 / len shomen uchi + otočky / <https://youtu.be/hAG02EPs0c>

## 8. kyu modrý opasok

voľný pád kote gaeshi ukemi <https://www.youtube.com/watch?v=sXv9CEU1Hfs>

voľný pád shiho nage ukemi <https://www.youtube.com/watch?v=Zwx4enO51Nk>

jodan tsuki - shiho nage [https://youtu.be/NCEF\\_u3Ns1c](https://youtu.be/NCEF_u3Ns1c)

jodan tsuki kiri otoshi <https://www.youtube.com/watch?v=HNxFO3VDqWI>

jodan tsuki ushiro kiri otoshi <https://www.youtube.com/watch?v=ucy165nyFoo>

aihanmi shiho nage <https://www.youtube.com/watch?v=XXqphuq-Xxl>

aihanmi ude kime nage <https://youtu.be/BKyAVPQLx-E>

[https://youtu.be/FGDW9\\_gcV2c](https://youtu.be/FGDW9_gcV2c)

gyakuhanmi shiho nage <https://youtu.be/7yggibEzAu0>

<https://youtu.be/5o3lqS0sJDK>

gyakuhanmi ude kime nage [https://youtu.be/0W\\_IMK\\_QdYw](https://youtu.be/0W_IMK_QdYw)

[https://youtu.be/WPxP\\_0vJnKQ](https://youtu.be/WPxP_0vJnKQ)

uširoryotedori ikkyō <https://youtu.be/a7KFRmI931A>

uširoryotedori irmi nage <https://youtu.be/SyREidiFgS4>

suwariwaza: shomen uchi - jiyū waza 3 techniky <https://youtu.be/K8fOJBpIH5w>

JO: 31 no jo kata <https://www.youtube.com/watch?v=jONGyQOCLGc>

<https://www.youtube.com/watch?v=vF6GzAZ4zZg>

JO: jo dori - tsuki - 3 techniky <https://youtu.be/Av5B1romWgc>

BOKKEN: kata 4 svetové strany č. 2 / shomen – ushiro tsuki .. / <https://youtu.be/hUJaESA3QQM>

## 7. kyu hnedý opasok

shomen uchi - jiyu waza 3 techniky <https://www.youtube.com/watch?v=KvwYrZJzPQ>

chudan tsuki - jiyu waza 3 techniky <https://youtu.be/pKK8YwhWRnA>

mae geri - jiyu waza 2 techniky <https://www.youtube.com/watch?v=lqFlrPfga3g>

ni nin dori - jiyu waza 2 techniky <https://youtu.be/HnbVk0FY-4>

han mi han dachi waza: shomen uchi - jiyu waza 2 techniky <https://youtu.be/lwIMdbTWng>

ran dori - 3 útočníci <https://youtu.be/NnjXM59R04E>

JO: kata 4 svetové strany <https://www.youtube.com/watch?v=lqFlrPfga3g>

BOKKEN: kata Ume no tachi <https://youtu.be/7QctMcfVMOI>

BOKKEN: tachi dori - shomen uchi - 3 techniky <https://youtu.be/DjJEvhsI9wQ>

BOKKEN : kumi tachi - 3 pásma vo dvojiciach <https://www.youtube.com/watch?v=1WYs6UfRK88>