

MTKF

**МАКЕДОНСКА ТРАДИЦИОНАЛНА
КАРАТЕ ФЕДЕРАЦИЈА**



**ПРОГРАМА ЗА ПОЛАГАЊЕ
НА УЧЕНИЧКИ И МАЈСТОРСКИ ПОЈАСИ**

ИЗРАБОТИЛ: М-Р. ДЕЈАН НЕДЕВ 6 ДАН

9 KYU – (KO-KYU)

Kihon

1. Jodan oitsuki
2. Age uke
3. Chudan oitsuki
4. Soto uke
5. Uchi uke
6. Gedan barai
7. Mae geri

Kata

Taikyoku Shodan

8 KYU – (HACHI-KYU)

Kihon

1. Oitsuki
2. Ageuke gyakutsuki
3. Uchiuke gyakutsuki
4. Sotouke gyakutsuki
5. Shutouke
6. Maegeri
7. Yokogeri keage
8. Yokogeri kekomi
9. Mawashigeri

Kumite

Gohon Kumite

Tori:

1. Jodan oitsuki
2. Chudan oitsuki
3. Maegeri

Uke:

1. Ageuke
2. Sotouke
3. Gedan barai

Kata

Heian Shodan

Taikyoku Nidan

7 KYU – (HICHI-KYU)

Kihon

1. Oitsuki
2. Ageuke gyakutsuki
3. Uchiuke gyakutsuki
4. Sotouke gyakutsuki
5. Shutouke
6. Maegeri
7. Yokogeri keage
8. Yokogeri kekomi
9. Mawashigeri

Kumite

Gohon Kumite

Tori:

1. Jodan oitsuki
2. Chudan oitsuki
3. Maegeri

Uke:

1. Ageuke gyakutsuki
2. Sotouke(Uchiuke) gyakutsuki
3. Gedanbarai gyakutsuki

Kata

Taikioku Sandan
Heian Nidan

6 KYU – (ROKU –KYU)

Kihon

1. Sanbontsuki
2. Ageuke gyakutsuki
3. Uchiuke kizamitsuki gyakutsuki
4. Sotouke gyakutsuki
5. Shutouke
6. Maegeri
7. Rengeri
8. Yokogri keage
9. Yokogri kekomi
10. Mawashigeri

Kumite

Kihon Ipon Kumite

Tori:

1. Jodan oitsuki
2. Chudan oitsuki
3. Cudan maegeri

Uke:

1. Ageuke
2. Sotouke
3. Gedanbarai

Kata

Tekki Shodan
Heian Sandan

5 KYU (GO – KYU)

Kihon

- 1.Sanbontsuki
- 2.Ageuke gyakutsuki
- 3.Uchiuke kizamitsuki gyakutsuki
- 4.Sotouke gyakutsuki
- 5.Shutouke nukite
- 6.Maegeri
- 7.Rengeri
- 8.Yokogri keage
- 9.Yokogri kekomi
- 10.Mawashigeri
- 11.Shiho urakenuchi
- 12.Shiho enpiuchi
- 13.Maegeri yokogeri
- 14.Maegeri mawashigeri

Kumite

Kihon Ipon Kumite

Tori:

- 1.Jodan oitsuki
- 2.Chudan oitsuki
- 3.Jodan maegeri
- 4.Chudan yokogeri

Uke:

- 1.Ageuke
- 2.Uchiuke
- 3.Sotouke
- 4.Gedanbarai

Kata

Tekki Shodan
Heian Yodan

4 KYU – (SHI-KYU)

Kihon

- 1.Sanbontsuki
- 2.Ageuke gyakutsuki
- 3.Uchiuke kizamitsuki gyakutsuki
- 4.Sotouke gyakutsuki
- 5.Shutouke nukite
- 6.Maegeri
- 7.Rengeri
- 8.Yokogri keage
- 9.Yokogri kekomi
- 10.Mawashigeri
- 11.Shiho urakenuchi
- 12.Shiho enpiuchi
- 13.Maegeri yokogeri
- 14.Maegeri mawashigeri

Kumite

Kihon Ipon Kumite

Tori:

- 1.Jodan oitsuki
- 2.Chudan oitsuki
- 3.Maegeri
- 4 Yokogeri kekomi

Uke:

- 1.Ageuke
- 2.Sotouke
- 3.Uchiuke
- 4.Sotouke

Kata

Heian Godan
Taiji Shodan

3 KYU – (SAN-KYU)

Kihon

- 1.Sanbontsuki
- 2.Ageuke gyakutsuki
- 3.Uchiuke kizamitsuki gyakutsuki
- 4.Sotouke yokoempiuchi
- 5.Shutouke maegeri nukite
- 6.Maegeri
- 7.Rengeri
- 8.Yokogri keage
- 9.Yokogri kekomi
- 10.Mawashigeri
- 11.Shiho urakenuchi
- 12.Shiho enpiuchi
- 13.Maegeri yokogeri
- 14.Maegeri mawashigeri

Kumite

Kihon Ipon Kumite

Tori:

- 1.Jodan oitsuki
- 2.Chudan oitsuki
- 3.Chudan maegeri
- 4.Cudan ushirogeri
- 5.Cudan yokogeri kekomi
- 6.Jodan mawashigeri

Uke:

- 1.Ageuke
- 2.Uchiuke
- 3.Gedanbarai
- 4.Haraiuke
- 5.Sotouke
- 6.Jodan uchiuke

Kata

Tekki Shodan
Taiji Shodan
Heian Godan

2 KYU – (NI-KYU)

Kihon

- 1.Sanbontsuki
- 2.Ageuke gyakutsuki
- 3.Uchiuke kizamitsuki gyakutsuki
- 4.Sotouke yokoempiuchi urakenuchki
- 5.Shutouke maegeri nukite
- 6.Maegeri
- 7.Rengeri
- 8.Yokogri keage
- 9.Yokogri kekomi
- 10.Mawashigeri
- 11.Shiho urakenuchi
- 12.Shiho enpiuchi
- 13.Mawashigeri yokogeri

Kumite

Jiyu Ipon Kumite

Kata

Heian Oikumi

Taiji Shodan

Kata po izbor: Bassaidai, Kankudai, Jion, Enpi, Hangetsu

1 KYU – (ICHI-KYU)

Kihon

- 1.Sanbontsuki
- 2.Ageuke gyakutsuki
- 3.Uchiuke kizamitsuki gyakutsuki
- 4.Sotouke yokoempiuchi urakenuchki
- 5.Shutouke maegeri nukite
- 6.Maegeri
- 7.Rengeri
- 8.Yokogri keage
- 9.Yokogri kekomi
- 10.Mawashigeri
- 11.Shiho urakenuchi
- 12.Shiho enpiuchi
- 13.Mawashigeri yokogeri

Kumite

Jiyu Ipon Kumite

Kata

Heian Oikumi

Taiji Shodan

Kata po izbor: Bassaidai, Kankudai, Jion, Enpi, Hangetsu

1 DAN – (SHO-DAN)

Dachi:

Zenkutsu, Kokutsu, Kiba, Kosa, Nekoashi, Fudo, Sanchin

Keri waza:

Mae, Yoko keage, Kekomi, Fumikomi, Miaktsuki, Hiza, Mawashi, Nami gashi, Ushiro, Ura mawashigeri

Te waza:

Oi, Gyaku, Kizami, Ura, Kagitsuki, Nukite, Uraken, Shuto, Tetsui, Empi, Haito Teshouchi

Uke waza:

Godan, Jodan, Chudan, Barai, Uchi, Soto, Age, Shuto, Haito, Morote, Kakiwake, Nagashi, Osae, Empi, Hiza, Tisho, Tsukami, Gyaku, Mawashiuke

Kihon

1. Oitsuki gyakutsuki ageempiuchi
2. Ageuke gyakutsuki maeempiuchi
3. Uchiuke kizamitsuki gyakutsuki
4. Sotouke yokoempiuchi urakenuchi
5. Sotouke gyakutsuki urakenuchi
6. Shutouke maegeri nukite shutouchi
7. Maegeri
8. Rengeri
9. Yokogeri keage
10. Yokogeri kekomi
11. Mawshigeri
12. Mawashigeri yokogeri
13. Shihotsuki
14. Shihogeri

Test

-Kontrola na oitsuki I maegeri udarot
-Test na jacinata na gyakutsuki udar
(gasenje sveka)

Kumite

Jiyu Ippon kumite
Jiyu kumite

Kata

Heian oikumi, Taiji shodan, Bassaidai
Tokhui kata: Kankudai, Jion, Enpi, Hangetsu

2 DAN – (NI-DAN)

Dachi:

Zenkutsu, Kokutsu, Kiba, Kosa, Nekoashi, Fudo, Sanchin, Hangentsu

Keri waza:

Mae, Yoko keage, Kekomi, Fumikomi, Miaktsuki, Hiza, Mawashi, Nami gashi, Ushiro, Ura mawashigeri

Te waza:

Oi, Gyaku, Kizami, Ura, Kagitsuki, Nukite, Uraken, Shuto, Tetsui, Empi, Haito Teshouchi

Uke waza:

Godan, Jodan, Chudan, Barai, Uchi, Soto, Age, Shuto, Haito, Morote, Kakiwake, Nagashi, Osae, Empi, Hiza, Tisho, Tsukami, Gyaku, Mawashi, Gyaku

Kihon

1. Kizamitsuki sanbontsuki urakenuchi gyakutsuki ageempiuchi
2. Kizamitsuki maegeri oitsuki yokogeri
3. Ageuke mawashigeri urakenuchi yokogeri gyakutsuki
4. Yokogeri keage yokogeri kekomi
5. Maegeri yokogeri ushirogeri mawashigeri
6. Shiho tateshutouke gyakutsuki

Kumite

1. Jiyu kumite so ponisko rangirani kandidati (najmalku trojca)
2. Jiyu kumite so dvajca isto rangirani kandidati (sho-dan)
3. Elementi na samoodbrana

Kata

Taiji nidan

2. Jion-Enpi-Sanchin

Tokhui kata: Kankudai, Bassaisho, Jutte, Meikio shodan

3 DAN – (SAN-DAN)

Dachi:

Zenkutsu, Kokutsu, Kiba, Kosa, Nekoashi, Fudo, Sanchin, Hangentsu, Sagi, Tsuru ashi, Hiza, Ippon

Keri waza:

Mae, Yoko keage, Kekomi, Fumikomi, Miaktsuki, Hiza, Mawashi, Nami gashi, Ushiro, Ura mawashigeri

Te waza:

Oi, Gyaku, Kizami, Ura, Kagitsuki, Nukite, Uraken, Shuto, Tetsui, Empi, Haito Teshouchi

Uke waza:

Godan, Jodan, Chudan, Barai, Uchi, Soto, Age, Shuto, Haito, Morote, Kakiwake, Nagashi, Osae, Empi, Hiza, Tisho, Tsukami, Gyaku, Mawashi, Kake, Bo, Gyaku

Kihon

1. Shiho tateshutouke gyakutsuki
2. Shiho tateshutouke maegeri
3. Shihogeri
4. Kombinacija: Kizamitsuki kizamigeri gyakutsuki mawashigeri gyakutsuki maegeri mawashigeri yokogeri ageuke sotouke gedanbarai Uchiuke kizamitsuki gyakutsuki usirogeri mawashigeri yokogeri urakenuchi gyakutsuki

Kumite

1. Jiyu kumite so isto rangirani kandidati (najmalku trojca)
2. Jiyu kumite so dvajca protivnici istivremeno (kandidati so ni-dan)
3. Jiyu kumite so dvajca ponisko rangirani protivnici (sho-dan)

Kata

Bassaudai, Kankudai, Jion, Enpi, Hangentsu
Kombinacija: Kankudai-Enpi-Hangentsu
Kankudai-Enpi-Sanchin
Jion-Enpi-Kankudai-Sanchin

Tokohui kata:

Tekki nidan, Tekki sandan,
Taiji nidan, Bassaisho, Kakusho, Chinte, Jitte, Sochin, Gankaku, Nijushiho, Meikio shodan, Meikio nidan, Kaminari

4 DAN – (YON-DAN)

Dachi:

Zenkutsu, Kokutsu, Kiba, Kosa, Nekoashi, Fudo, Sanchin, Hangentsu, Sagi, Tsuru
ashi, Hiza, Ippon

Keri waza:

Mae, Yoko keage, Kekomi, Fumikomi, Miaktsuki, Hiza, Mawashi,
Nami gashi, Ushiro, Ura mawashigeri

Te waza:

Oi, Gyaku, Kizami, Ura, Kagitsuki, Nukite, Uraken, Shuto, Tetsui, Empi, Haito
Teshouchi, Teisho, Awaze, Tate hasami, Mawashitsuki, Seiryuto uchi

Uke waza:

Godan, Jodan, Chudan, Barai, Uchi, Soto, Age, Shuto, Haito, Morote, Kakiwake,
Nagashi, Osae, Empi, Hiza, Tisho, Tsukami, Gyaku, Mawashi, Kake, Bo, Tekubi,
Keito uke

Kihon

Tokhuitehnik
Kombinacija so 30 ili poveke tehnik

Kumite

Gohon kumite
Kihon ippon kumite
Jiyu Ippon kumite
Jiyu kumite

Kata

Testkata
Taiji shodan
Heian oikomi

Kata:

Bassaidai
Kankudai
Jion
Enpi
Hangetsu
Tekki nidan
Kata po izbor: Teki
sandan, Bassaisho, Kankusho, Chinte, Jitte, Sochin, Gankaku, Nijushiho, Meikyo
shodan

Teorija:

Kihon, Kata, Kumite

