



**WADORYU KARATE DO
KUMITETEKNIKKALISTA
- KODAI DOJO -**

RANDORI:

(Tachiai & Seiza)

- Juji waza
- Te, sode, eri, katate, ude, goshi to ryote taisabaki noru dori
- Tekubi issho gamae waza
- Kuzushi waza
- Ni te onaji uke waza

IPPON GUMITE: 10

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|---------------------|--------------------------------|---------------|
| 1. Jodan Uke | 2. Gedan Barai | 3. Otoshi Uke |
| 4. Geri Uke | 5. Gaiwan & Naiwan Nagashi Uke | |
| 6. Shuto Uke | 7. Chudan Nagashi Uke | 8. Hiji Uke |
| 9. Nagashi Geri Uke | 10. Hirate & Otoshi | |

NIHON GUMITE: 2

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| 1. Jodan Uke & Chudan Naname Nagashi Uke | 2. Keri Uke |
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GUMITE KATA: 13

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| 1. Inasu dori | 2. chudan nagashi uke ten-i | 3. Inasu irimi dori |
| 4. Nagashi keri uke | 5. Tenchi ten-1 | 6. Gyaku nagashi uke |
| 7. Nagashi uke to gyaku tsuki | | 8. Naname ushiro nagashi uke |
| 9. Suigetsu inasu dori | | 10. Chudan irimi zuki dori |
| 11. Gyaku gamae, soto de aru | | 12. Ai gamae, uchi de aru. |
| 13. Ai gamae maegeri uke uchi de aru | | |

KIHON GUMITE 10(omote), 10(ura)

Omote:

1. Chudan nagashi uke
2. Chudan naname nagashi uke
3. Gedan nagashi uke
4. Jodan gyaku nagashi dori
5. Otoshi uke
6. San no nagashi uke
7. Mae ni nagashi uke
8. Hiji uke jodan
9. Mune inasu uke
10. Nagashi me gaeshi uke

Ura:

1. Tai osabaki nagara ryote dori
2. Nukimi dori
3. Kojiri kaeshi dori
4. Ryote kuguri dori
5. Ryote gyaku nage dori
6. Gyaku nukimi dori
7. Shingen do dori
8. Ryote nagara kubi kansetsu waza
9. Kubi jime
10. Ryote nagara tanto nage dori

IDORI: 21

(Polviasennosta suoritettavat tekniikat)

1. Ryote sumi kaeshi
3. Nagashi ashi dori
5. Yoko dori wakinage
7. Aiuchi gyaku uke to hiji osae
9. Kata guruma
11. Ashi dori(TSYR)
13. Gozen dori(TSYR)
15. Unga dori kubi osae
17. Ai no te dori Juji katame
19. Ai no te dori hiza atemi kara kata kuzushi
20. Gyaku kata te eri dori onaji tsuki(WKA)
2. Ryote kage te waza
4. Geri uke wakinage
6. Kubi jime
8. Ryote kage te waza taoshi
10. Kinu kuguri
12. Ushiro shime dori
14. Ryote kinu kuguri(WKA)
16. Inasu uke kara ude garami to kata guruma
18. Ryote dori geri ashi kuzusi
21. Ryote tsukamu doji ni kubi osae taoshi

JOSHI GOSHINJUTSU: (21)

(Itsepuolustustekniikat)

1. Ai no te dori(WKA)
3. Ryot te dori(WKA)
5. Katate eri dori, ai no waki
7. Ushiro kubi shime
9. Aruki onaji yoko waza
11. Tatami mae waza
13. Ai no te hikite tenchi nagara ushiro osae (TSYR)
14. Mae ryote nagara waki oyayubi nage to ashi osae (TSYR)
15. Kiri wakare(TSYR)
17. Ude garami nage(TSYR)
19. Nagashi otoshi onaji gyaku tsuki to kote kaeshi
21. Gyaku nage kinu kuguri
2. Gyaku no te dori(WKA)
4. Kata te eri dori(WKA)
6. Kata te eri dori, gyaku no waki
8. Ushiro ryo te dori
10. Tatami yoko dori
12. Gyaku no te nagara tenchi nage mae ashi osae(TSYR)
16. Hiji otoshi massugu ashi taoshi (TSYR)
18. Ude sore otoshi(WKA)
20. Kata irimi taoshi nage(TSYR)

TANTO DORI-TANKEN DORI: 9
(Veitsipuolustus tekniikat)

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| 1. Damasu dori(hiki otoshi) | 2. Kakasu waza – kote gaeshi |
| 3. Kote nage dori | 4. Unga dori |
| 5. Tzudori | 6. Hirate dori |
| 7. Ude garami dori | 8. Eri nage dori |
| 9. Hiki tate dori(Te tsukamu onaji shuto to empi) | |

SHINGEN SHIHARA DORI: 7
(Miekkapuolustustekniikat)

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| 1. Jodan | 2. Jodan | 3. Jodan |
| 4. Kesa | 5. Do | 6. Tsuki |
| 7. Nagi | | |

WADO-RYU KARATE DO

