



# Program Iaido

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## HACHI-KYU (8.kyu):

1. **REIGI-SAHO (etiketa)** : Choku-ritsu-tai, ritsu-rei, Seiza-tai, zarei.
2. **REIGI-SAHO (s mečem)** : Katana mochi choku-ritsu-tai, Ritsu-rei, Katana mochi suwari-kata, Seiza-tai, Zarei, Katana mochi tachi-kata, Kata mochi choku-ritsu-tai.
3. **TO-REI / TAİ-TO / GE-TO** : Katana mochi choku-ritsu-tai, Tachi-to-rei, Tai-to, tai-to choku-ritsu-tai, Katana mochi seiza-tai, Suwari-to-rei, Tai-to, Tai-to seiza-tai, Ge-to.
4. **KAMAE (postoje)**: Tai-to choku ritsu tai, seishin tai, Migi hammi tai, Hidari hammi tai.
5. **SOKUTAI DOSA (pohyby těla)** : Okuri ashi, Hiki ashi, Migi utsuri ashi, Hidari utsuri ashi, Tsume ashi, Ayumi ashi, Migi irimi tai, Hidari irimi tai.
6. **NUKI TSUKE WASA** : Suihei, Tate, Migi naname ue, Hidari naname ue, Shita gaeshi.

## NANA-KYU (7.kyu):

1. **SOKUTAI DOSA** : Neko ashi, Shidori ashi, Migi tenkan tai, Hidari tenkan tai.
2. **BATTO** : Suihei, Tate Shomen.
3. **ZANSHIN** : Gedan no kamae, Gedan waki no kamae, Katate jodan no kamae.
4. **CHIBURI** : Yoko gaeshi shiburi, Seoi shiburi, Jodan mawashi shiburi.
5. **NOTO** : Suihei uke tate, Tate uke tate, Suihei uke suihei.
6. **JUUNI-KEN-NO-KAMAE (kata 12-ti gardŭ)** : Seigan no kamae, Gedan no kamae, Jodan no kamae, Dai jodan no kamae, Katate dai jodan no kamae, Katate jodan no kamae, Hasso no kamae, Hasso jodan no kamae, Gyaku hasso no kamae, Gyaku hasso jodan no kamae, Gedan waki no kamae, Chudan waki no kamae.

## GO-KYU (5.kyu):

1. **KIRI TSUKE WASA** : Do kiri tsuke, Shomen kiri tsuke, Migi men kiri tsuke, Hidari men kiri tsuke, Kote kiri tsuke.
2. **KIRI WASA** : Shomen kiri.
3. **UKE KATATE WASA** : Chudan nuki uchi, Jodan shomen nuki uchi, Migi jodan nuki uchi, Hidari jodan nuki uchi, Chudan nuki barai.
4. **UKE MOROTE WASA** : Jodan morote, Jodan sakate, Jodan tome.
5. **TAI SABAKI BATTO** : Hiki ashi batto, Hidari irimi batto, Migi irimi batto, Tai otoshi batto.

## SAN-KYU (3.kyu):

1. **KIRI WASA** : Migi men kiri, Hidari men kiri, Migi do kiri, Chudan tsuki.
2. **UKE WASA (HARAI)** : Jodan migi harai, Jodan hidari harai, Chudan migi harai, Chudan hidari harai.
3. **UKE WASA (TOME)** : Jodan migi tome, Jodan hidari tome, Chudan migi tome, Chudan hidari tome.

**4. TAÏ SABAKI BATTO (KAWASHI)** : Taï otoshi (Hidari waki kamae ), Taï otoshi (Migi waki kamae), Hiki ashi (Jodan tsuki kamae), Hiki ashi (Chudan tsuki kamae).

**IKKYU (1.kyu):**

1. **KIRI WASA** : Migi kesa, Hidari kesa, Migi kote kiri, Hidari kote kiri, Jodan tsuki.
2. **UKE WASA** : Jodan migi kakoï, Jodan hidari kakoï, Chudan migi mine baraï, Chudan hidari mine baraï, Jodan nuki baraï, Jodan migi mine baraï, Jodan hidari mine baraï.
3. **TAÏ SABAKI BATTO (KAWASHI)** : Taï otoshi (Chudan tsuki kamae, Shidori ashi hidari waki kamae).

**KIRI-KOMI-TAÏ-SABAKI-NO-KATA - SHODAN**



**SENTE (útočník)**

**KOTE (obránce)**

**Ippon-me**

**Nihon-me**

**Sanbon-me**

**Yohon-me**

**Gohon-me**

**Roppon-me**

**Do kiri tsuke**

**Shomen kiri tsuke**

**Shomen kiri tsuke**

**Migi men kiri tsuke**

**Hidari men kiri tsuke**

**Kote kiri tsuke**

**Hiki ashi batto / Shomen kiri**

**Hidari irimi batto / Migi men kiri**

**Migi irimi batto / Hidari men kiri**

**Taï otoshi batto / Migi nuki do**

**Taï otoshi batto / Hidari nuki do**

**Hidari irimi batto / Chudan tsuke**

