

**INSTITUT KARATE-DO NASIONAL (INKANAS)  
JAWA BARAT**



**SUMPAH KARATE**

SANGGUP MEMELIHARA KEPRIBADIAN  
SANGGUP PATUH KEPADA KEJUJURAN  
SANGGUP MEMPERTINGGI PRESTASI  
SANGGUP MENJAGA SOPAN SANTUN  
SANGGUP MENGUASAI DIRI

JAWA BARAT

## MATERI UJIAN TEHNIK

SABUK PUTIH		
KIHON	KATA	KUMITE
<ol style="list-style-type: none"> <li>1. GEDAN BARAI</li> <li>2. CHUDAN TSUKI</li> <li>3. JODAN TSUKI</li> <li>4. UDE UKE</li> <li>5. AGE UKE</li> <li>6. UCHI UKE</li> <li>7. SHUTO UKE</li> <li>8. MAE GERI</li> <li>9. CHUDAN</li> <li>10. MAE GERI JODAN</li> <li>11. KIAGE GERI</li> <li>12. KEKOME GERI</li> </ol>	<ol style="list-style-type: none"> <li>1. HEIAN SHODAN</li> <li>2. HEIAN NIDAN</li> </ol>	<p>GOHON KUMITE</p> <ol style="list-style-type: none"> <li>1. CHUDAN TSUKI</li> <li>2. JODAN TSUKI</li> </ol>

SABUK KUNING		
KIHON	KATA	KUMITE
<ol style="list-style-type: none"> <li>1. GEDAN BARAI</li> <li>2. CHUDAN TSUKI</li> <li>3. JODAN TSUKI</li> <li>4. UDE UKE</li> <li>5. AGE UKE</li> <li>6. UCI UKE</li> <li>7. SHUTO UKE</li> <li>8. MAE GERI CHUDAN</li> <li>9. MAE GERI JODAN</li> <li>10. MAWASHI GERI</li> <li>11. KIAGE GERI</li> <li>12. KEKOME GERI</li> </ol>	<ol style="list-style-type: none"> <li>1. HEIAN NIDAN</li> <li>2. HEIAN SANDAN</li> </ol>	<ol style="list-style-type: none"> <li>1. CHUDAN TSUKI</li> <li>2. JODAN TSUKI</li> </ol>

SABUK HIJAU		
KIHON	KATA	KUMITE
<ol style="list-style-type: none"> <li>1. GEDAN BARAI GYAKU TSUKI</li> <li>2. CHUDAN TSUKI GYAKU TSUKI</li> <li>3. JODAN TSUKI GYAKU TSUKI</li> <li>4. NIDAN TSUKI</li> <li>5. UDE UKE GYAKU TSUKI</li> <li>6. AGE UKE GYAKU TSUKI</li> <li>7. UCI UKE GYAKU TSUKI</li> <li>8. SHUTO UKE NUKITE</li> <li>9. MAE GERI CHUDAN</li> <li>10. MAE GERI JODAN</li> <li>11. MAWASHI GERI</li> <li>12. REN GERI ( MAE GERI CHUDAN + MAE GERI JODAN ( 2 KAKI ))</li> <li>13. KIAGE GERI</li> <li>14. KEKOME GERI</li> </ol>	<ol style="list-style-type: none"> <li>1. HEIAN SANDAN</li> <li>2. HEIAN YONDAN</li> </ol>	<p>SANBON KUMITE KAKI KANAN &amp; KIRI</p> <ol style="list-style-type: none"> <li>1. CHUDAN TSUKI</li> <li>2. JODAN TSUKI</li> <li>3. MAE GERI / MAWASHI / KEKOME</li> </ol>

**SABUK BIRU**

<b>KIHON</b>	<b>KATA</b>	<b>KUMITE</b>
<ol style="list-style-type: none"> <li>1. GEDAN BARAI GYAKU TSUKI</li> <li>2. CHUDAN TSUKI GYAKU TSUKI</li> <li>3. JODAN TSUKI GYAKU TSUKI</li> <li>4. SANBON TSUKI</li> <li>5. UDE UKE GYAKU TSUKI</li> <li>6. UDE UKE EMPI URAKEN</li> <li>7. AGE UKE GYAKU TSUKI</li> <li>8. UCI UKE GYAKU TSUKI</li> <li>9. SHUTO UKE NUKITE</li> <li>10. MAWASHI GERI</li> <li>11. USHIRO GERI</li> <li>12. REN GERI ( MAE GERI CHUDAN + MAE GERI JODAN ( 2 KAKI ))</li> <li>13. REN GERI MAE KEAGE + MAE KEKOME ( 2 KAKI )</li> </ol>	<ol style="list-style-type: none"> <li>1. HEIAN GODAN</li> <li>2. TEKI SHODAN</li> </ol>	<b>KIHON IPPON KUMITE ( KANAN &amp; KIRI )</b> <ol style="list-style-type: none"> <li>1. CHUDAN TSUKI, JODAN TSUKI</li> <li>2. MAE GERI, MAWASHI GERI, KEKOME GERI</li> </ol>

**SABUK COKLAT**

<b>KIHON</b>	<b>KATA</b>	<b>KUMITE</b>
<ol style="list-style-type: none"> <li>1. GEDAN BARAI GYAKU TSUKI</li> <li>2. SANBON TSUKI</li> <li>3. SANBON UKE + GYAKU TSUKI</li> <li>4. UDE UKE GYAKU TSUKI</li> <li>5. UDE UKE EMPI URAKEN GYAKU TSUKI</li> <li>6. AGE UKE GYAKU TSUKI</li> <li>7. UCI UKE KIZAME TSUKI GYAKI TSUKI</li> <li>8. SHUTO UKE MAE ASHI GERI NUKITE</li> <li>9. REN GERI ( MAE GERI CHUDAN/MAE GERI JODAN ( 2 KAKI )) + MAWASHI GERI</li> <li>10. REN GERI ( MAE GERI CHUDAN/MAE GERI JODAN ( 2 KAKI )) +USHIRO GERI</li> <li>11. REN GERI MAE KEAGE + MAE KEKOME ( 2 KAKI )</li> </ol>	<ol style="list-style-type: none"> <li>1. BASSAI DAI</li> <li>2. SHITEI KATA/JION/KANK UDAI</li> </ol>	<ol style="list-style-type: none"> <li>1. JIYU IPON KUMITE ( KANAN &amp; KIRI )</li> <li>2. CHUDAN TSUKI</li> <li>3. JODAN TSUKI</li> <li>4. MAE GERI CHUDAN – JODAN</li> <li>5. MAWASHI GERI</li> <li>6. KEKOME GERI</li> <li>7. KUMITE SHIAI ( KUMITE PERTANDINGAN )</li> </ol>

**UJIAN TEORI FILOSOFI KARATE**