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| **Фудокан**  **Fudokan** | **Шитей**  **Shitei** | **Сентей**  **Sentei** | **Токуй**  **Tokui** |
| Круг 1  Выбрать из: | Taikyoku-Ichi/  Taikyoku- Ni/  Heian Fudo-Shodan/  Heian Fudo-Nidan/  Heian Fudo-Sandan/  Fudote-Shodan / Fudote-Nidan / Fudote-Sandan /  Taiji-Shodan /  Tekki-Shodan | **-----** | **-----** |
| Круг 2  Выбрать из: | **-----** | Matsumura-Passai/  Wanshu /  Heian-Funakoshi-Sensei /  Meikyo-Shodan / Meikyo-Nidan / Meikyo-Sandan /  Taiji-Nidan  /  Taiji-Sandan  /  Fudote-Yodan / Fudote-Godan /  Hangetsu / | **-----** |
| Круг 3  Выбрать из: | Taikyoku-Ichi/  Taikyoku- Ni/  Heian Fudo-Shodan/  Heian Fudo-Nidan/  Heian Fudo-Sandan/  Fudote-Shodan / Fudote-Nidan / Fudote-Sandan /  Taiji-Shodan /  Tekki-Shodan | Matsumura-Passai/  Wanshu /  Heian-Funakoshi-Sensei /  Meikyo-Shodan / Meikyo-Nidan / Meikyo-Sandan /  Taiji-Nidan /  Taiji-Sandan /  Fudote-Yodan / Fudote-Godan /  Hangetsu / | Setsu / Kaminari / Tekki-oi-kumi /  Kanku-oi-kumi / Heian-oi-kumi /  Fudote-oi-kumi / Wankan / Vasinomae / Jitte / Gankaku / Bassai-Sho / Kanku-Sho / Sochin / Tensho / Nijushiho / Gojushiho-Dai / Gojushiho-Sho / Chinte / Kittei / Kittei – Higashiyama - Sensei /  Yon Ray / Chinto Yabu / |
| **Шотокан (Сётокан)**  **Shotokan** | **Шитей**  **Shitei** | **Сентей**  **Sentei** | **Токуй**  **Tokui** |
| Круг 1  Выбрать из: | Heian 1,2,3,4,5.  Tekki-Shodan | ----- | ----- |
| Круг 2  Выбрать из: | ----- | Bassai-Dai / Enpi / Kanku-Dai / Jion / Hangetsu | ----- |
| Круг 3  Выбрать из: | Heian 1,2,3,4,5.  Tekki-Shodan | Bassai-Dai / Enpi / Kanku-Dai / Jion / Hangetsu | Jitte / Tekki-Nidan / Tekki-Sandan / Gankaku / Bassai-Sho / Kanku-Sho / Sochin / Nijushiho / Gojushiho-Dai / Gojushiho-Sho / Wankan / Chinte / Unsu / Meikyo |