



## 1 KYU ( maron)

### KIHON

1. → MAE GERI KEKOMI ( CH ) = SAMBON ZUKI ( JO , CH , CH ) ZKD
2. ← AGE UKE ( JO ) ZKD = MAE GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
3. → KIZAMI ZUKI ( JO ) = SOTO UKE ( GYAKU ASHI ) ZKD → GYAKU ZUKI ( CH ) ZKD → MAWASHI GERI ( JO ) ZKD
4. → SOTO UKE ZKD = YOKO EMPI KBD = YOKO GERI KEKOMI ( CH ) KBD = URAKEN UCHI ( JO ) KBD
5. ← AGE UKE ( JO ) ZKD = HAITO UCHI ( GYAKU ASHI ) → YOKO GERI KEKOMI ( CH ) ZKD → USHIRO GERI ( CH ) ZKD = GYAKU ZUKI ( CH ) ZKD
6. ← UCHI UKE ( CH ) KKD = KIZAMI MAWASHI GERI ( JO ) = KIZAMI ZUKI ( JO ) = GYAKU ZUKI ( CH ) ZKD
7. ← UCHI UKE ( CH ) KKD = KIZAMI MAE GERI ( JO ) = KIZAMI ZUKI ( JO ) = GYAKU ZUKI ( CH ) ZKD
8. ← SHUTO UKE ( JO ) KKD = KIZAMI MAWASHI GERI ( JO ) = YONHON NUKITE ( CH ) ZKD
9. → MAWASHI GERI ( JO ) = YOKO GERI KEKOMI ( CH ) ZKD ( cu același picior )
10. = YOKO GERI KEAGE ( JO ) = YOKO GERI KEKOMI ( CH ) KBD ( cu același picior )
11. → MAE GERI ( JO ) ZKD → MAE RENGARI ( JO , CH ) ZKD
12. → MAE GERI ( JO ) ZKD → YOKO GERI KEKOMI ( CH ) ZKD → MAWASHI GERI ( JO ) ZKD → USHIRO GERI ( CH ) ZKD KAMAE
13. → SAN GERI ZKD MAE GERI ( JO ) YOKO GERI ( CH ) USHIRO GERI ( CH )
14. = PE LOC DIN MUSUBI DACHI MAE = YOKO = USHIRO = MAWASHI GERI
15. = SHIHO UCHI UKE CU GYAKU ZUKI ZKD
16. → USHIRO GERI ( CH ) → SOTO UKE = GYAKU ZUKI ZKD
17. → URA MAWASHI GERI ( JO ) → UCHI UKE - GYAKU ZUKI ZKD

TEST CONTROL - GYAKU ZUKI ZKD

### KATA

SHINTEI KATA - HEIAN 1 – 5 , TEKKI SHODAN , BASSAI DAI  
TOKUI KATA - JION , KANKU DAI

BUNKAI KATA

# KUMITE

## JIYU KAMAE - 6 COMBINAȚII DE LUPTĂ

### KIHON IPON KUMITE

#### ATAC

#### APĂRARE

OI ZUKI ( JO )	AGE UKE - GYAKU ZUKI
OI ZUKI ( CH )	SOTO UKE - GYAKU ZUKI
KIZAMI ZUKI ( JO )	YOKO NAGASHI UKE - GYAKU ZUKI
MAE GERI ( CH )	GEDAN BARAI - GYAKU ZUKI
MAWASHI GERI ( JO )	UCHI UKE - GYAKU ZUKI
YOKO GERI KEKOMI ( CH )	SOTO UKE - GYAKU ZUKI

KIME WAZA - GYAKU ZUKI ( CH )

JIYU IPON KUMITE

OI ZUKI ( JO ) ; OI ZUKI ( CH ) ; MAE GERI ( CH ) ; KIZAMI ZUKI ( JO ) ; MAWASHI GERI ( JO ) ; YOKO GERI ( CH ) ; GYAKU ZUKI ( CH ) ; USHIRO GERI ( CH ) ; URA MAWASHI GERI ( JO )

CONTROL - GYAKU ZUKI JO

JIYU KUMITE -3 meciuri x 2 minute

## COMBINAȚII DE LUPTĂ

**NOTĂ** TOATE COMBINAȚIILE SE EXECUTĂ DIN JIYU KAMAE

- ← SUKUI UKE ( HARAI UKE ) = GYAKU ZUKI ZKD
- KIZAMI ZUKI = GYAKU ZUKI = URAKEN ZKD
- ← SUKUI UKE ( HARAI UKE ) = GYAKU ZUKI ZKD ( KIRI KAESHI )
- ASHI BARAI = KIZAMI ZUKI
- KIZAMI ASHI BARAI = URAKEN UCHI = GYAKU ZUKI ZKD
- GYAKU ZUKI ( JO ) → MAE GERI ( CH ) = KIZAMI ZUKI ( JO ) = GYAKU ZUKI ZKD
- = URAKEN ZKD = KIZAMI MAE GERI = URAKEN UCHI = GYAKU ZUKI ZKD
- = URAKEN UCHI ( JO ) = KIZAMI MAWASHI GERI ( JO ) → GYAKU ZUKI ( CH ) ZKD
- ASHI BARAI = GYAKU ZUKI ( CH ) ZKD → MAWASHI GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
- GYAKU ZUKI ( CH ) ZKD → USHIRO GERI ( CH ) = GYAKU ZUKI ( CH )
- ASHI BARAI → USHIRO GERI ( CH ) = GYAKU ZUKI ( CH ) ZKD

## ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI .....

ABDOMENE .....

GENUFLEXIUNI .....

**EXPERIENȚĂ** - 50 ședințe ( 6 luni )

**TAXĂ EXAMINARE** - 250 lei sau 50 €