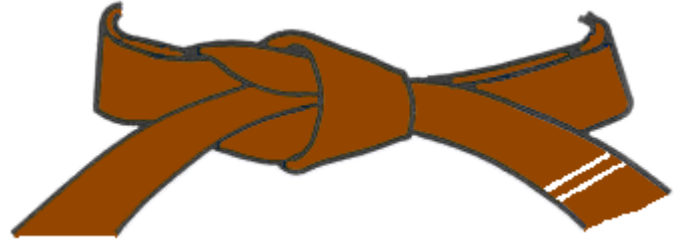


## 2 KYU ( maron)



### KIHON

1. → MAE GERI ( CH ) = SAMBON ZUKI ( JO , CH , CH ) ZKD
2. ← AGE UKE ( JO ) ZKD = MAE GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
3. → SOTO UKE ( CH ) ZKD = YOKO ENPI KBD ( CH ) = URAKEN UCHI ( JO ) KBD = GYAKU ZUKI ( CH ) ZKD
4. → SHUTO UKE ( JO ) KKD ← SHUTO UKE ( JO ) KKD → SHUTO UKE ( JO ) KKD = MAE ASHI GERI ( JO ) = NUKITE ZKD
5. → USHIRO GERI ( CH ) ZKD = GYAKU ZUKI ( CH ) ZKD
6. → MAE GERI ( CH ) = MAWASHI GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
7. → MAE GERI ( JO ) = YOKO GERI KEKOMI ( CH ) = GYAKU ZUKI ( CH ) ZKD
8. → MAWASHI GERI ( CH ) → MAWASHI GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
9. = SHIHO UCHI UKE = GYAKU ZUKI ZKD.

### KUMITE

JIYU KAMAE - 6 COMBINAȚII DE LUPTĂ

#### KIHON IPON KUMITE

##### ATAC

OI ZUKI ( JO )  
OI ZUKI ( CH )  
MAE GERI ( CH )  
MAWASHI GERI ( JO )  
YOKO GERI KEKOMI ( CH )  
USHIRO GERI ( CH )

##### APĂRARE

AGE UKE - GYAKU ZUKI  
SOTO UKE - GYAKU ZUKI  
GEDAN BARAI - GYAKU ZUKI  
UCHI UKE - GYAKU ZUKI  
SOTO UKE - GYAKU ZUKI  
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 )

CONTROL - GYAKU ZUKI JO.

JIYU KUMITE -3 meciuri x 2 minute

# KATA

SHINTEI KATA - HEIAN 1 – 5 , TEKKI SHODAN

TOKUI KATA - BASSAI DAI , JION

BUNKAI KATA

## COMBINAȚII DE LUPTĂ

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

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

## ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI .....

ABDOMENE .....

GENUFLEXIUNI .....

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

**TAXĂ EXAMINARE** - 225 lei sau 45 €