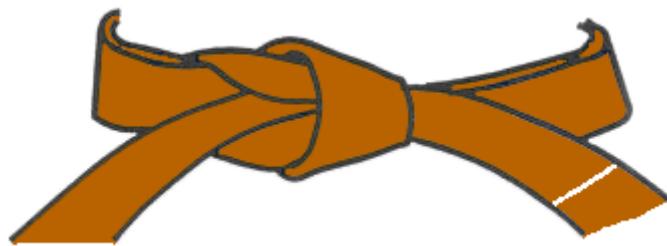


### 3 KYU (maron)



### KIHON

1. → SAMBON ZUKI ( JO , CH , CH ) ZKD → OI ZUKI ( JO ) ZKD
2. ← AGE UKE ( JO ) ZKD = GEDAN BARAI = GYAKU ZUKI ( CH ) ZKD
3. → SOTO UKE ZKD = YOKO ENPI KBD =URAKEN UCHI ( JO ) KBD =GYAKU ZUKI (CH) ZKD
4. ← UCHI UKE ( CH ) KKD = KIZAMI MAWASHI GERI (JO) = GYAKU ZUKI ( CH ) ZKD
5. ← SHUTO UKE ( JO ) KKD = MAE ASHI GERI ( CH ) = SHUTO UCHI ( JO )
6. → MAE GERI KEKOMI (CH) → MAWASHI GERI (JO) ZKD
7. → MAE GERI KEAGE (JO) = MAWASHI GERI ( CH ) ZKD
8. → MAE GERI KEAGE (JO) = YOKO GERI KEKOMI ( CH ) ZKD
9. → USHIRO GERI ( CH ) ZKD = GYAKU ZUKI ( CH ) ZKD
10. = SHIHO GYAKU ZUKI ( CH ) ZKD pe ambele părți

### 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**

SHITEI KATA - HEIAN 1 – 5

TOKUI KATA - TEKKI SHODAN , BASSAI DAI

BUNKAI KATA

## **COMBINAȚII DE LUPTĂ**

NOTĂ TOATE COMBINAȚIILE SE EXECUTĂ DIN JIYU KAMAE

1. ← GEDAN BARAI = GYAKU ZUKI ( CH ) ZKD
2. → GYAKU ZUKI ( CH ) → GYAKU ZUKI ( CH ) ZKD
3. → ASHI BARAI = GYAKU ZUKI ( CH ) ZKD
4. → MAE GERI ( CH ) = KIZAMI ZUKI ( JO ) ZKD
5. → MAE ASHI GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
6. → KIZAMI MAWASHI GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
7. → ASHI BARAI → MAWASHI GERI ( JO ) = GYAKU ZUKI ( CH ) ZKD
8. → USHIRO GERI ( CH ) ZKD = GYAKU ZUKI ( CH ) ZKD

## **ELEMENTE DE FORȚĂ OBLIGATORII**

FLOTĂRI .....

ABDOMENE .....

GENUFLEXIUNI.....

**EXPERIENȚĂ** - 35 ședințe ( 4 luni )

**TAXĂ EXAMINARE** - 200 lei sau 40 €

**OBI ( CENTURA )** - 1 leu / 10 cm