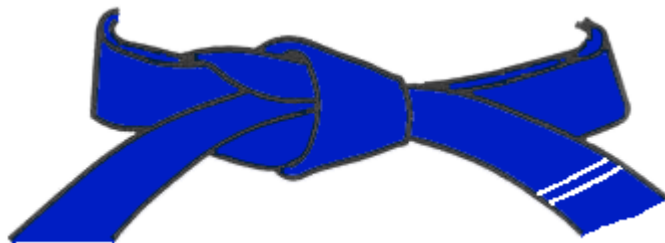


4 KYU (albastră)



KIHON

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

KUMITE

KIHON IPON KUMITE

ATAC

APĂRARE

OI ZUKI (JO)	AGE UKE - GYAKU ZUKI
OI ZUKI (CH)	SOTO 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
USHIRO GERI (CH)	SOTO UKE - GYAKU ZUKI

KIME WAZA - GYAKU ZUKI (CH)

JYU IPON KUMITE OI ZUKI (JO) ; OI ZUKI (CH) ; MAE GERI (CH) ; KIZAMI ZUKI (JO) ;
MAWASHI GERI (JO) ; YOKO GERI (CH) ; GYAKU ZUKI (CH) .

CONTROL KIZAMI ZUKI JO.

JYU KUMITE - 3 meciuri x 2 minute

KATA (CU BUNKAI) :

TAIKYOKU 1 - 6

HEIAN 1 - 5

ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI

ABDOMENE

GENUFLEXIUNI

EXPERIENȚĂ - 35 ședințe (4 luni)

TAXĂ EXAMINARE - 175 lei sau 35 €