



5 KYU (albastră)

KIHON

- 1 → SAMBON ZUKI (JO , CH , CH) ZKD
- 2 ← AGE UKE (JO) = GEDAN BARAI (același braț) = GYAKU ZUKI (CH) ZKD
- 3 ← SOTO UKE (CH) = GYAKU ZUKI (CH) ZKD
- 4 → SOTO UKE (CH) ZKD = YOKO ENPI (CH) KBD = URAKEN UCHI (JO)
- 5 ← UCHI UKE (CH) ZKD = GYAKU ZUKI (CH)
- 6 ← UCHI UKE (CH) KKD = KIZAMI ZUKI (JO) = GYAKU ZUKI (CH) ZKD
- 7 ← SHUTO UKE (CH) KKD = NUKITE (CH) ZKD
- 8 → MAE GERI (JO) = GYAKU ZUKI (CH) ZKD
- 9 → MAE REN GERI (JO , CH) FDD
- 10 → MAWASHI GERI (JO) FDD
- 11 → USHIRO GERI (CH) ZKD
- 12 → YOKO GERI KEKOMI (CH) ZKD
- 13 = YOKO GERI KEAGE (JO) KBD
- 14 = YOKO GERI KEKOMI (CH) KBD

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 (CH)	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); GYAKU ZUKI (CH).

JIYU KUMITE - 2 meciuri x 2 minute

KATA (CU BUNKAI)

TAIKYOKU 1 - 6

HEIAN SHODAN , HEIAN NIDAN , HEIAN SANDAN , HEIAN YONDAN

ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI

ABDOMENE

GENUFLEXIUNI

EXPERIENȚĂ - 25 ședințe (3 luni)
TAXĂ EXAMINARE - 150 lei sau 30 €
OBI (CENTURA) - 1 leu / 10 cm