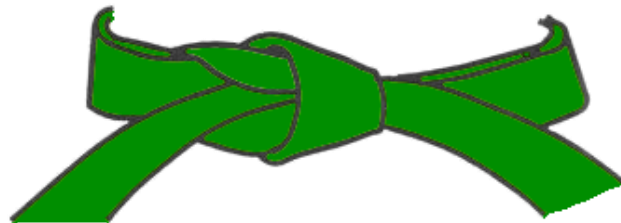


6 KYU (verde)



KIHON

1. → SAMBON ZUKI (JO , CH , CH) ZKD
2. ← AGE UKE = GYAKU ZUKI (CH) ZKD
3. → SOTO UKE ZKD = YOKO EMPI UCHI KBD
4. → SOTO UKE ZKD = GYAKU ZUKI (CH) ZKD
5. → UCHI UKE ZKD = GYAKU ZUKI (CH) ZKD
6. ← UCHI UKE KKD = KIZAMI ZUKI (JO) ZKD (LINIAR) = GYAKU ZUKI (CH) ZKD
7. → SHUTO UKE KKD = NUKITE (CH) ZKD
8. → MAE GERI KEKOMI (CH) = OI ZUKI (JO) ZKD
9. → MAE REN GERI (JO , CH) ZKD
10. → MAWASHI GERI (JO) ZKD
11. = YOKO GERI KEAGE (JO) KBD
12. = YOKO GERI KEKOMI (JO) KBD
13. → YOKO GERI KEKOMI (CH) ZKD

KUMITE

KIHON IPON KUMITE

ATAC

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

APĂRARE

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

KIME WAZA - GYAKU ZUKI (CH)

KATA

TAIKYOKU 1 - 6

HEIAN SHODAN, HEIAN NIDAN, HEIAN SANDAN

BUNKAI KATA

ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI

ABDOMENE

GENUFLEXIUNI

EXPERIENȚĂ - 25 ședințe (3 luni)

TAXĂ EXAMINARE - 125 lei sau 25 €

OBI (CENTURA) - 1 leu / 10 cm