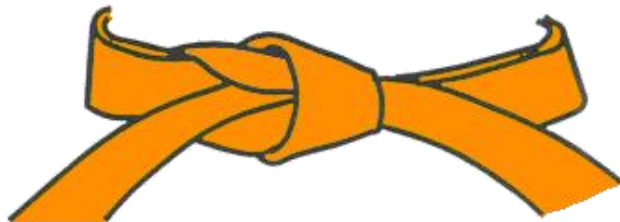


7 KYU (orange)



KIHON

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

KUMITE

- GOHON KUMITE
 - ATAC OI ZUKI JO
 - APĂRARE AGE UKE LA 5 GYAKU ZUKI JO

 - ATAC OI ZUKI CH
 - APĂRARE SOTO UKE LA 5 GYAKU ZUKI JO

 - ATAC MAE GERI CH
 - APĂRARE GEDAN BARAI LA 5 GYAKU ZUKI CH

- KIME WAZA – GYAKU ZUKI CH

KATA

TAIKYOKU 1 - 5
HEIAN SHODAN, HEIAN NIDAN
BUNKAI KATA

ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI

ABDOMENE

GENUFLEXIUNI

EXPERIENȚĂ - 25 ședințe (3 luni)

TAXĂ EXAMINARE - 100 lei sau 20 €

OBI (CENTURA) - 1 leu / 10 cm