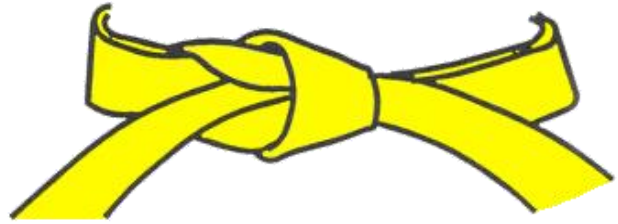


8 KYU (galbenă)



KIHON

1. → OI ZUKI (CH) ZKD
2. → OI ZUKI (JO) ZKD
3. ← AGE UKE (JO) ZKD
4. ← SOTO UDE UKE (CH) ZKD
5. → UCHI UDE UKE (CH) ZKD
6. ← GEDAN BARAI ZKD
7. → SHUTO UKE (CH) KKD
8. → MAE GERI KEKOMI (CH) ZKD
9. → MAE GERI KEAGE (JO) ZKD
10. = YOKO GERI KEKOMI (CH) KBD
11. = YOKO GERI KEAGE (JO) KBD
12. → GEDAN BARAI (ZKD) = TATE MAWASHI TETSUI UCHI (RENOJI DACHI)

KUMITE

- GOHON KUMITE
 - ATAC OI ZUKI JO
 - APĂRARE AGE UKE, LA 5 GYAKU ZUKI JO
 - ATAC OI ZUKI CH
 - APĂRARE SOTO UDE UKE, LA 5 GYAKU ZUKI JO
- KIME WAZA –GYAKU TSUKI CH.

KATA

TAIKYOKU 1 - 4
HEIAN SHODAN
BUNKAI KATA

ELEMENTE DE FORȚĂ OBLIGATORII

FLOTĂRI

ABDOMENE

GENUFLEXIUNI

EXPERIENȚĂ - 25 ședințe (3 luni)

TAXĂ EXAMINARE - 75 lei sau 15 €

OBI (CENTURA) - 1 leu / 10 cm