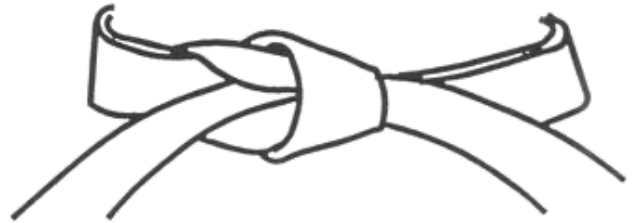


## **9 KYU ( albă )**



### **KIHON**

1. = CHOKU ZUKI CHUDAN
2. = AGE UKE
3. = SOTO UDE UKE
4. = GEDAN BARAI
5. → OI ZUKI ( CH ) ZKD
6. → OI ZUKI ( JO ) ZKD
7. → AGE UKE ( JO ) ZKD
8. → SOTO UDE UKE ( CH ) ZKD
9. → GEDAN BARAI ZKD
10. → MAE GERI KEKOMI ( CH ) ZKD
11. → MAE GERI KEAGE ( JO ) ZKD

### **KUMITE**

#### **GOHON KUMITE**

- ATAC OI ZUKI JO
- APĂRARE AGE UKE LA GO GYAKU ZUKI CH

### **KATA**

TAIKYOKU SHODAN, TAIKYOKU NIDAN, TAIKYOKU SANDAN

### **ELEMENTE DE FORȚĂ OBLIGATORII**

FLOTĂRI .....

ABDOMENE .....

GENUFLEXIUNI .....

### **EXPERIENȚĂ**

- 16 ședințe ( 2 luni )

### **TAXĂ EXAMINARE**

- 50 lei sau 10 €