



# FEDERATIA ROMANA DE KARATE WUKF

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## PROBA DE CONCURS – KIHON

**10 - 9 KYU**

### EXERCITIUL 1.

Yoi Dachi → Zenkutsu Dachi – Gedan Barai → Zenkutsu –Gedan Barai → Zenkutsu –Gedan Barai  
→ Zenkutsu –Gedan Barai - **KIAI !** - Mawate - Zenkutsu Dachi – Gedan Barai → Zenkutsu –  
Gedan Barai → Zenkutsu –Gedan Barai → Zenkutsu –Gedan Barai – **KIAI !** – Mawate - Zenkutsu  
–Gedan Barai ← Yoi Dachi

### EXERCITIUL 2.

Yoi Dachi → Zenkutsu Dachi – Gedan Barai → Zenkutsu Dachi – Age uke → Zenkutsu Dachi –  
Age uke → Zenkutsu Dachi – Age uke - **KIAI !** - Mawate - Zenkutsu Dachi – Gedan Barai →  
Zenkutsu Dachi – Age uke → Zenkutsu Dachi – Age uke → Zenkutsu Dachi – Age uke - **KIAI !**  
- Mawate - Zenkutsu Dachi – Gedan Barai ← Yoi Dachi

### EXERCITIUL 3

Yoi Dachi → Zenkutsu Dachi – Gedan Barai → Zenkutsu Dachi – Oi tsuki (chudan) → Zenkutsu  
Dachi – Oi tsuki (chudan) → Zenkutsu Dachi – Oi tsuki (chudan) - **KIAI !** - Mawate - Zenkutsu  
Dachi – Gedan Barai → Zenkutsu Dachi – Oi tsuki (chudan) → Zenkutsu Dachi – Oi tsuki (chudan)  
→ Zenkutsu Dachi – Oi tsuki (chudan) - **KIAI !** - Mawate - Zenkutsu Dachi – Gedan Barai ← Yoi  
Dachi

## 8 KYU

### EXERCITIUL 1 .

Yoi Dachī → Zenkutsu Dachī – Gedan Barai → **Zenkutsu Dachī – Age uke → Zenkutsu Dachī – Age uke → Zenkutsu Dachī – Age uke - KIAI !** - Mawate - Zenkutsu Dachī – Gedan Barai → **Zenkutsu Dachī – Age uke → Zenkutsu Dachī – Age uke → Zenkutsu Dachī – Age uke - KIAI !**  
- Mawate - Zenkutsu Dachī – Gedan Barai ← Yoi Dachī

### EXERCITIUL 2.

Yoi Dachī → Zenkutsu Dachī – Gedan Barai → **Zenkutsu Dachī – Gyaku tsuki (chudan) → Zenkutsu Dachī – Gyaku tsuki (chudan) → Zenkutsu Dachī – Gyaku tsuki (chudan) - KIAI !**  
- Mawate - Zenkutsu Dachī – Gedan Barai → **Zenkutsu Dachī – Gyaku tsuki (chudan) → Zenkutsu Dachī – Gyaku tsuki (chudan) → Zenkutsu Dachī – Gyaku tsuki (chudan) → Zenkutsu Dachī – Gyaku tsuki (chudan) - KIAI !**  
- Mawate- Zenkutsu Dachī – Gedan Barai ← Yoi Dachī

### EXERCITIUL 3

Yoi Dachī → Zenkutsu Dachī – Gedan Barai – Jyu Kamae → **Mae geri (chudan) -Zenkutsu Dachī → Mae geri (chudan) -Zenkutsu Dachī → Mae geri (chudan)- KIAI ! -Zenkutsu Dachī - Mawate - Zenkutsu Dachī – Gedan Barai – Jyu Kamae → Mae geri (chudan) -Zenkutsu Dachī → Mae geri (chudan) -Zenkutsu Dachī → Mae geri (chudan) - KIAI ! - Zenkutsu Dachī - Mawate - Zenkutsu Dachī – Gedan Barai ← Yoi Dachī**

## 7 KYU

### EXERCITIUL 1.

Yoi Dachi → Zenkutsu Dachi – Gedan Barai → **Zenkutsu Dachi – Age uke + Gyaku tsuki (chudan) →**  
**Zenkutsu Dachi – Age uke + Gyaku tsuki (chudan) → Zenkutsu Dachi – Age uke + Gyaku tsuki**  
**(chudan) - KIAI ! - Mawate - Zenkutsu Dachi – Gedan Barai → Zenkutsu Dachi – Age uke +**  
**Gyaku tsuki (chudan) → Zenkutsu Dachi – Age uke + Gyaku tsuki (chudan) → Zenkutsu Dachi – Age**  
**uke + Gyaku tsuki (chudan) KIAI ! - Mawate- Zenkutsu Dachi – Gedan Barai ← Yoi Dachi**

### EXERCITIUL 2.

Yoi Dachi → Zenkutsu Dachi – Gedan Barai – Jyu Kamae → **Zenkutsu Dachi –Uraken (jodan) →**  
**Zenkutsu Dachi –Uraken (jodan) → Zenkutsu Dachi –Uraken (jodan) KIAI ! -- Mawate -**  
**Zenkutsu Dachi – Gedan Barai – Jyu Kamae → Zenkutsu Dachi –Uraken (jodan) → Zenkutsu Dachi**  
**–Uraken (jodan) → Zenkutsu Dachi –Uraken (jodan) KIAI ! - Mawate - Zenkutsu Dachi –**  
**Gedan Barai ← Yoi Dachi**

### EXERCITIUL 3

Yoi Dachi → Zenkutsu Dachi – Gedan Barai– Jyu Kamae → **Mawashi Geri (chudan) – Zenkutsu**  
**Dachi → Mawashi Geri (chudan) – Zenkutsu Dachi → Mawashi Geri (chudan) - KIAI !–**  
**Zenkutsu Dachi - Mawate - Zenkutsu Dachi – Gedan Barai – Jyu Kamae → Mawashi Geri (chudan)**  
**– Zenkutsu Dachi → Mawashi Geri (chudan) – Zenkutsu Dachi → Mawashi Geri (chudan) -**  
**KIAI !– Zenkutsu Dachi - Mawate - Zenkutsu Dachi – Gedan Barai ← Yoi Dachi**

## 6 KYU

### EXERCITIUL 1.

Yoi Dachi → Zenkutsu Dachi – Gedan barai – Jyu kamae → Mawashi Geri (chudan) + Gyaku tsuki (jodan) – Zenkutsu Dachi → Mawashi Geri (chudan) + Gyaku tsuki (jodan) – Zenkutsu Dachi → Mawashi Geri (chudan) + Gyaku tsuki (jodan) - **KIAI !** – Zenkutsu Dachi - Mawate - Zenkutsu Dachi – Gedan Barai– Jyu kamae → Mawashi Geri (chudan) + Gyaku tsuki (jodan) – Zenkutsu Dachi → Mawashi Geri (jodan) + Gyaku tsuki (chudan) – Zenkutsu Dachi → Mawashi Geri (chudan) + Gyaku tsuki (jodan) - **KIAI !** – Zenkutsu Dachi - Mawate - Zenkutsu Dachi – Gedan Barai ← Yoi Dachi

### EXERCITIUL 2

Yoi Dachi → Zenkutsu Dachi – Gedan Barai → Zenkutsu Dachi – Age uke (migi) +Gedan barai (migi) + Gyaku tsuki (chudan) → Zenkutsu Dachi – Age uke (hidari) +Gedan barai (hidari) + Gyaku tsuki (chudan) → Zenkutsu Dachi – Age uke (migi) +Gedan barai (migi) + Gyaku tsuki (chudan)- **KIAI !** - Mawate - Zenkutsu Dachi – Gedan Barai → Zenkutsu Dachi – Age uke (migi) +Gedan barai (migi) + Gyaku tsuki (chudan) → Zenkutsu Dachi – Age uke (hidari) +Gedan barai (hidari) + Gyaku tsuki (chudan) → Zenkutsu Dachi – Age uke (migi) +Gedan barai (migi) + Gyaku tsuki (chudan)- **KIAI !** - Mawate - Zenkutsu Dachi – Gedan Barai ← Yoi Dachi

### EXERCITIUL 3

Yoi Dachi → Zenkutsu Dachi – Gedan Barai – Jyu kamae → Mae geri (chudan)+ Sambo tsuki (jodan, chudan , chudan)- Zenkutsu Dachi → Mae geri (chudan)+ Sambo tsuki (jodan, chudan , chudan)- Zenkutsu Dachi → Mae geri (chudan)+ Sambo tsuki (jodan, chudan , chudan) **KIAI !** - Zenkutsu Dachi - Mawate - Zenkutsu Dachi – Gedan Barai – Jyu kamae → Mae geri (chudan)+ Sambo tsuki (jodan, chudan , chudan)- Zenkutsu Dachi → Mae geri (chudan)+ Sambo tsuki (jodan, chudan , chudan)- Zenkutsu Dachi → Mae geri (chudan)+ Sambo tsuki (jodan, chudan , chudan) **KIAI !** - Zenkutsu Dachi - Mawate - Zenkutsu Dachi – Gedan Barai ← Yoi Dachi