

CUPA KARATE CHITILA

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CATEGORII

CATEGORIE DE VARSTA	KATA		KIHON		KUMITE	
	fete	baieti	fete	baieti	fete	baieti
-7ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	open	open
7-8 ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	9kyu 8/7 KYU +6 KYU	9kyu 8/7 KYU +6 KYU
9 -10ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU
11-12ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	SN KYU 9/8/7/+150 SN KYU9/8/7/-150 + 6 KYU/-150 + 6 KYU/+150	SN KYU 9/8/7/+150 SN KYU9/8/7/-150 + 6 KYU/-150 + 6 KYU/+150
13-14 ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	SS KYU 9/8/7/ -155 SSKyU 9/8/7/+155 SS KYU +6/-155 SS KYU +6/+155	SS KYU 9/8/7-165 SS Kyu9/8/7+165 SS KYU +6/-165 SS KYU +6/+165

KIHON COMBINATII : 9 kyu 1. OI ZUKI (CHUDAN)

2. AGE UKE

3.GEDAN BARAI

8/7 kyu 1.AGE UKE

2. GYAKU TSUKI (CHUDAN)

3.MAE GERI (CHUDAN)

6 kyu 1.MAWASHI GERI(CHUDAN) , GYAKU TSUKI (JODAN)

2.AGE UKE , GEDAN BARAI , GYAKU TSUKI(CHUDAN)

3.MAE GERI(CHUDAN) , SAMBON TSUKI(JODAN,CHUDAN,CHUDAN)

Exemplu de desfășurare a probei KIHON:

Arbitrul central alege una din cele 3 combinatii si o comunica celor doi concurenti.

Exemplu: OI ZUKI - concurentii la comanda HAJIME executa: kamae zenkutsu-dachi gedan barai, se deplaseaza de 3 ori cu oi zuki in zenkutsu-dachi, a treia tehnica de oi zuki - kiai , dupa care mawate zenkutsu-dachi gedan barai, se deplaseaza din nou de 3 ori cu oi zuki in zenkutsu-dachi, a treia tehnica de oi zuki cu kiai, dupa care mawate zenkutsu-dachi gedan barai si yoi dachi.

Sistemul este eliminatoriu, se desfășoară In paralel cu 2 concurenți și se arbitrează cu steguri

