

# Examen de D a n

## A: KIHON:

	<b>Shotokan</b>	<b>Goju Ryu</b>	<b>Wado Ryu</b>
1. ZkD v:	Oi-tsuki chudan	Oi-tsuki chudan	JunTsuki chudan
2. ZkD r:	Age Uke-Gedan barai- Gyaku Tsuki	Age Uke-Gedan barai- Gyaku Tsuki	Jodan Uke-Gedan barai- Gyaku Tsuki
3. ZkD v:	Sanbon Tsuki	Sanbon Tsuki	Sanbon Tsuki
4. ZkD r:	Uchi Uke-Kizami Tsuki- Gyaku Tsuki	Yoko Uke-Kizami Tsuki- Gyaku Tsuki	Soto Uke-Kizami Tsuki- Gyaku Tsuki
5. ZkD v:	Soto Uke-Uraken Uchi- Gyaku Tsuki	Uchi Uke-Uraken Uchi- Gyaku Tsuki	Uchi Uke-Uraken Uchi- Gyaku Tsuki
6. KkD v:	Shuto Uke-Mae Geri- Gyaku Nukite (ZkD)	NAD: Kake- Uke-Mae Geri- Gyaku Nukite (ZkD)	NAD: Shuto Uke-Mae Geri- Gyaku Nukite (ZkD)
7. ZkD v:	Mawashi Geri	Mawashi Geri	Mawashi Geri
8. ZkD v:	Yoko Geri kekomi	Yoko Geri kekomi	Sokuto (=Yoko Geri kekomi)
9. ZkD v:	Yoko Geri keage	SD: Kansetsu Geri	Yoko Geri
10. ZkD v:	Ushiro Geri	Ushiro Geri	Ushiro Geri

**Legenda:** v – înaintare  
r – retragere

## B: TEHNICI DE LUPTĂ (liber, fără partener):

1. Gyaku Tsuki
2. Gyaku Tsuki – Gyaku Tsuki
3. Gyaku Tsuki – Gyaku Tsuki – (pas adaugat) – Kizami Tsuki

1. Kizami Tsuki
2. Kizami Tsuki – Gyaku Tsuki
3. Kizami Tsuki – Gyaku Tsuki – Mawashi Geri (piciorul din față)

1. Mawashi Geri chudan
2. Mawashi Geri chudan – Gyaku Tsuki jodan
3. Mawashi Geri chudan – Gyaku Tsuki jodan – Kizami Mawashi Geri jodan (pas adăugat)

**C: KATA:**

	<b>Shotokan</b>	<b>Goju Ryu</b>	<b>Wado Ryu</b>
<b>1. Dan</b>	Jion Kanku Dai Hangetsu <b>+ un kata Heian/Pinan la alegerea examinatorului</b>	Seienchin Sanseiru	Bassai Kushanku
<b>2. Dan</b>	Enpi Jitte Chinte Bassai Sho Meikyo <b>+ un kata Heian/Pinan la alegerea examinatorului</b>	Seisan Shisochin	Jion Jitte (Kushanku)
<b>3. Dan</b>	Nijushiho Kanku Sho Sochin Gankaku Jiin Unsu Gojushiho Sho Gojushiho Dai <b>+ un kata Heian/Pinan la alegerea examinatorului</b>	Seipai Kururunfa Suparinpei	Seishan Niseishi Chinto Wanshu Rohai

**D: JIYU IPPON KUMITE (atît pe partea stîngă cît și dreaptă):**

1. Kizami Tsuki
2. Gyaku Tsuki
3. Uraken Uchi
4. Mae Geri chudan
5. Mawashi Geri chudan
6. Mawashi Geri jodan
7. Yoko Geri Kekomi
8. Ushiro Geri
9. Ura Mawashi Geri

**F: JIYU KUMITE: luptă liberă (2 adversari, 2minute)**