

Examen de DAN

SHOTOKAN

A: KIHON:

1. ZKD I: Oi-tsuki chudan
2. ZKD R: Age Uke - Gedan barai- Gyaku tsuki
3. ZKD I: Sanbon tsuki
4. ZKD R: Uchi Uke - Kizami tsuki - Gyaku tsuki
5. ZKD I: Soto Uke - Uraken Uchi - Gyaku tsuki
6. KKD I: Shuto Uke - Mae Geri - Gyaku Nukite (ZKD)
7. ZKD I: Mawashi Geri
8. ZKD I: Yoko Geri kekomi
9. ZKD I: Yoko Geri keage
10. ZKD I: Ushiro Geri

Legenda: ZKD – zenkutsu-dachi

KKD – kokutsu-dachi

I– inaintare

R - retragere

B: Tehnici de lupta – liber (fara partener)

1. Gyaku tsuki
 2. Gyaku tsuki - Gyaku tsuki
 3. Gyaku tsuki - Gyaku tsuki - Kizami tsuki (pas adaugat)
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1. Kizami tsuki
 2. Kizami tsuki - Gyaku tsuki
 3. Kizami tsuki - Gyaku tsuki - Mawashi Geri (piciorul din fata)
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1. Mawashi Geri chudan
 2. Mawashi Geri chudan – Gyaku tsuki jodan
 3. Mawashi Geri chudan – Gyaku tsuki jodan– Kizami Mawashi Geri jodan (pas adaugat)

C: KATA:

1. Dan Jion

Kanku Dai
Hangetsu
+ un kata Heian/ la alegerea examinerului

2. Dan Enpi
Jitte
Chinte
Bassai Sho
Meikyo
+ un kata Heian/ la alegerea examinerului

3. Dan Nijushiho
Kanku Sho
Sochin
Gankaku
Jiin
Unsu
Gojushiho Sho
Gojushiho Dai
+ un kata Heian/ la alegerea examinerului

D: **Jiyu Ippon Kumite** (atat pe partea stanga cat si dreapta)

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**: lupta libera (2 adversari, 2 minute)