

PROGRAMA DE EXAMINARE
TSK ROMANIA

Nr. Crt	9 KYU		
1	KIHON	KATA	KUMITE
	-Chudan oi tsuki; -Jodan age uke; -Chudan soto uke; -Chudan uchi uke; -Mae geri:deplasare in zenkutsu dachi, la comanda; -Yoko geri keage:deplasare inainte,in kiba dachi, la comanda; -Shuto uke:deplasare in kokutsu dachi, la comanda .	Heian Shodan;	Gohon Kumite; Oi zuki jodan x 3/bloc age uke/contraatac gyaku zuki; Oi suki chudan x 3/bloc soto uke/contratac gyaku zuki; Executate la comanda: o miscare, o comanda.
2	8 KYU		
	-Chudan oi tsuki/ zenkutsu dachi; -Chudan gyaku tsuki/ zenkutsu dachi; -Jodan age uke/ zenkutsu dachi; -Chudan soto uke/ zenkutsu dachi; -Chudan uchi uke/zenkutsu dachi; -Mae geri/zenkutsu dachi; - Yoko geri keage/kiba dachi; -Yoko geri kekomi/kiba dachi.	Heian Shodan;	Gohon Kumite; Oi zuki jodan x 3/bloc age uke/contraatac gyaku zuki; Oi suki chudan x 3/bloc soto uke/contratac gyaku zuki;
3	7 KYU		
	-Chudan oi tsuki/ zenkutsu dachi; -Chudan gyaku tsuki/ zenkutsu dachi; -Jodan age uke/ zenkutsu dachi; -Chudan soto uke/ zenkutsu dachi; -Chudan uchi uke/zenkutsu dachi; -Mae geri/zenkutsu dachi; -Yoko geri keage/kiba dachi; -Yoko geri kekomi/kiba dachi;	Heian Shodan; Sanbon Heian Nidan; Oi zuki jodan x	Kumite; 3/bloc age uke/contraatac gyaku zuki; Oi suki chudan x 3/bloc soto uke/contratac gyaku zuki; Mae geri x3/bloc gedan barai/contraatac gyaku zuki; Oi zuki jodan,chudan,mae geri/ age uke,uchi uke, gyaku gedan barai/contraatac oizuki jodan,gyaku zuki chudan; Examinatorul solicita executia a variante de sanbon).
4	6 KYU		

	<ul style="list-style-type: none"> -Chudan oi tsuki; -Chudan gyaku tsuki; -Jodan age uke, gyaku tsuki; -Chudan soto uke, gyaku tsuki; -Chudan uchi uke, gyaku tsuki; -Sambon zuki/zenkutsu dachi; 	Heian Shodan; Heian Nidan; Heian Sandan.	-Sanbon Kumite; -Oi zuki jodan x 3/bloc age uke contraatac gyaku zuki ; -Oi suki chudan x 3/bloc soto uke/ contratac gyaku zuki; -Mae geri x3/bloc gedan barai/ contraatac gyaku zuki; - Oi zuki jodan,oi zuki chudan,mae geri/bloc age uke,soto uke, gedan barai-gyaku zuki/contraatac gyaku zuki;
	<ul style="list-style-type: none"> -Gedan barai-age uke(acelasi brat)-gyaku zuki; -Chudan shuto uke-inaintare; -Kizami mae geri-chudan shuto uke-retragere; -Mae geri/gyaku zuki; -Mawashi geri/gyaku zuki; -Ushiro geri (din Hachiji dachi); -Yoko geri keage/uraken; -Yoko geri kekomi/uraken. 		Examinatorul solicita execuția a variante diferite de sanbon).
5	5 KYU		
	<ul style="list-style-type: none"> -Sanbon tsuki (Oi tsuki - Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan); -Jodan age uke, gyaku tsuki; -Chudan soto uke (zenkutsu dachi), enpi, uraken (kiba dachi); -Chudan uchi uke, jodan kizami tsuki, chudan gyaku tsuki; -Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi); -Yoko geri kekomi/kiba dachi; -Neko ashi dachi, gedan barai, gyaku zuki; -Mae ren geri (Chudan, jodan); -Mawashi ren geri (Chudan, jodan); - Yoko geri keage-uraken zuki; -Ushiro geri-din zenkutsu dachi. 	Heian Shodan; Heian Nidan; Heian Sandan; Heian Yondan.	Kihon Ippon Kumite; Atac: oi-zuki jodan,oi zuki chudan, mae geri /zenkutsu dachi-contraatac gyaku zuki/kiai; (2 Jodan, 2 Chudan, 2 Mae geri) - (piciorul stang inainte).
6	4 KYU		

	<ul style="list-style-type: none"> -Sanbon tsuki (Oi zuki - Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan); -Jodan age uke, gyaku tsuki; -Jodan age uke/gedan barai-gyaku zuki; -Jodan age uke/uraken uchi-gyaku zuki; -Chudan soto uke (zenkutsu dachi), enpi, uraken (kiba dachi),gyaku zuki (zenkutsu dachi); -Chudan uchi uke, jodan kizami tsuki, chudan gyaku tsuki; -Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi); -Mae ren geri (Chudan, jodan); -Mawashi ren geri (Chudan, jodan); -Ushiro geri-din zenkutsu dachi; -Yoko geri keage; -Yoko geri kekomi; -Neko ashi dachi, gedan barai, gyaku tsuki; -Neko ashi dachi, kizami geri, gyaku tsuki; -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc,din heisoku dachi, pe ambele parti, la cererea instructorului. 	<p>Heian Shodan; Heian Nidan; Heian Sandan; Heian Yondan.</p>	<p>Kihon Ippon Kumite; Oi zuki jodan,oi zuki chudan, mae geri, mawashi geri,yoko geri kekomi; (2 Jodan, 2 Chudan, 2 Mae geri, 1 Yoko geri kekomi, 1 Mawashi geri) -(piciorul stang inainte).</p>
7	3 KYU		
	<ul style="list-style-type: none"> -Sanbon tsuki (Oi tsuki - Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan); -Jodan age uke, gyaku tsuki; -Chudan soto uke (zenkutsu dachi), enpi, uraken (kiba dachi); -Chudan uchi uke, jodan kizami tsuki, chudan gyaku tsuki; -Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi); -Mae ren geri (Chudan, jodan); -Mae geri/mawashi geri/yoko geri/ushiro geri/gyaku zuki/zenkutsu dachi; -Mawashi ren geri (Chudan, jodan); -Yoko geri keage/uraken/kiba dachi; -Yoko geri kekomi/uraken/kiba dachi; -Neko ashi dachi, gedan barai, gyaku tsuki; -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc,din heisoku dachi, pe ambele parti,la cererea instructorului. 	<p>Heian Shodan; Heian Nidan; Heian Sandan; Heian Yondan; Heian Godan.</p>	<p>Kihon Ippon Kumite; Oi zuki jodan,oi zuki chudan, mae geri, mawashi geri,yoko geri kekomi; (2 Jodan, 2 Chudan, 2 Mae geri, 1 Yoko geri kekomi, 1 Mawashi geri) -(piciorul stang inainte).</p>
8	2 KYU		

	-Sanbon tsuki (Oi tsuki - Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan); -Jodan age uke, gyaku tsuki; -Chudan soto uke (zenkutsu dachi), enpi, uraken (kiba dachi); -Chudan uchi uke, jodan kizami tsuki, chudan gyaku tsuki; -Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi); -Mae geri/mawashi geri/yoko geri/ushiro geri/gyaku zuki/zenkutsu dachi; -Mae ren geri (Chudan, jodan); -Mawashi ren geri (Chudan, jodan); -Yoko geri keage; -Yoko geri kekomi; -Neko ashi dachi, gedan barai, gyaku tsuki; -Mae geri, oi tsuki; -Mawashi geri, gyaku tsuki; -Gyaku tsuki, mae geri oi tsuki, gedan barai; -Mae geri, mawashi geri; -Mae geri, kekomi; -Yoko geri keage (paseste-schimba piciorul) yoko geri kekomi; -Neko ashi dachi, gedan barai, gyaku tsuki; -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc,din heisoku dachi, pe ambele parti,la cererea instructorului.	Heian Shodan Heian Nidan Heian Sandan Heian Yondan Bassai Dai	Jiyu Ippon Kumite Oi zuki jodan,oi zuki chudan, mae geri, mawashi geri,yoko geri kekomi; (2 Jodan, 2 Chudan, 2 Mae geri, 1 Yoko geri kekomi, 1 Mawashi geri) -(piciorul stang inainte). Jyu kumite (2 meciuri).
9	1 KYU		
	-Sanbon tsuki (Oi tsuki - Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan);	Heian Shodan; Heian Nidan;	Jiyu Ippon Kumite; Oi zuki jodan,oi zuki chudan, mae geri, mawashi geri,yoko

	<ul style="list-style-type: none"> -Jodan age uke, gyaku tsuki; -Chudan soto uke (zenkutsu dachi), enpi, uraken (kiba dachi); -Chudan uchi uke, jodan kizami tsuki, chudan gyaku tsuki; -Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi); -Mae geri/mawashi geri/yoko geri/ushiro geri/gyaku zuki/ zenkutsu dachi; -Mae ren geri (Chudan, jodan); -Mawashi ren geri (Chudan, jodan); -Yoko geri keage; -Yoko geri kekomi; -Neko ashi dachi, gedan barai, gyaku tsuki; -Mae geri, oi tsuki; -Mawashi geri, gyaku tsuki; -Gyaku tsuki, mae geri oi tsuki, gedan barai; -Mae geri, mawashi geri; -Mae geri, kekomi; -Mae geri/mawashi geri/yoko geri/ushiro geri/gyaku zuki/zenkutsu dachi; -Yoko geri keage (deplasare) yoko geri kekomi/kiba dachi; -Neko ashi dachi, gedan barai, gyaku tsuki; -Ushiro geri (pe loc, in jiyu kamae); -Neko ashi dachi, kizami geri, gyaku tsuki; -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc,din heisoku dachi, pe ambele parti, la cererea instructorului. 	<p>Heian Sandan; Heian Yondan; Bassai Dai.</p>	<p>geri kekomi; (2 Jodan, 2 Chudan, 2 Mae geri, 1 Yoko geri kekomi, 1 Mawashi geri) -(picioarul stang inainte); Jyu kumite (3 meciuri).</p>
10	SHODAN		
	<ul style="list-style-type: none"> -Sanbon tsuki (Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan); -Jodan age uke, gedan barai, gyaku tsuki; -Chudan soto uke (zenkutsu dachi), enpi,uraken (kiba dachi), gyaku tsuki (zenkutsu dachi); -Chudan uchi uke, jodan kizami tsuki, mae geri, chudan gyaku tsuki; -Chudan shuto uke (kokutsu dachi), kizami geri, nukite (zenkutsu dachi); -Mae geri, mawashi geri, gyaku tsuki, gedan barai; -Mae geri, kekomi, gyaku tsuki, gedan barai; -Mae geri/mawashi geri/yoko geri/ushiro geri/gyaku zuki,din zenkutsu dachi; -Yoko geri keage, (deplasare inainte) yoko geri kekomi; -Neko ashi dachi, kizami geri, gyaku tsuki, gedan barai; - Kime waza - Gyaku tsuki; -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc,din heisoku dachi/ pe ambele parti/la cererea instructorului. 	<p>Heian Shodan; Heian Nidan; Heian Sandan; Heian Yondan; Heian Godan; Impuse de examiner Kata la alegere cu combinatii bunkai,din Bassai Dai, Kanku Dai,Empi.</p>	<p>Jiyu Ippon Kumite; -(1 Jodan, 1 Chudan, 1Mae geri, 1 Yoko geri kekomi, 1 Mawashi geri, 1 Ushiro geri, 1 Jodan kizami tsuki, 1 Chudan gyaku tsuki) - (ambele parti); -Jiyu kumite (trei meciuri).</p>

11	2 DAN		
	-Kizami tsuki, mae geri, oi tsuki (pas inapoi); -Age uke, (inapoi),mawashi geri, uraken uchi, oi tsuki; -Mae geri, mawashi geri (cu acelasi picior,deplasare inainte); -Mawashi geri, kekomi (cu acelasi picior,deplasare inainte); -Mae geri, mawashi geri, ushiro geri, uraken, gyaku tsuki; -Chudan oi tsuki (fudo dachi); -Sanbon tsuki (schimbare fudo dachi in zenkutsu dachi); -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc, din heisoku dachi, pe ambele parti,la cererea instructorului.	Heian Shodan; Heian Nidan; Heian Sandan; Heian Yondan; Heian Godan; Impuse de examiner Kata la alegere+combinatii bunkai, dintre Bassai Dai, Kanku Dai, Empi. Jion, Jitte.	Jiyu Kumite (trei meciuri) -Cei Peste 40 de ani, vor avea optiunile urmatoare ale jiyu kumite, sau: -Jiyu Ippon Kumite (2 Jodan, 2 Chudan, 2 Mae geri, 1 Kekomi, 1 Mawashi geri, 1 Ushiro geri, 1 kizami tsuki, 2 gyaku tsuki) - (ambele parti), sau demonstrarea a sase combinatii de autoaparare.
12	3 DAN		
	-Sanbon tsuki (Jodan, chudan, chudan); -Gyaku tsuki sanbon (Chudan, jodan, chudan); -Jodan age uke, gedan barai, gyaku tsuki; -Mae geri, kekomi, ushiro geri, mawashi geri; -Chudan oi tsuki (fudo dachi); -Sanbon tsuki (schimbare din zenkutsu in fudo dachi) -Shiho geri:mae/ushiro/yoko/mawashi geri pe loc,din heisoku dachi,pe ambele parti,la cererea instructorului	Heian Shodan; Heian Nidan; Heian Sandan; Heian Yondan; Heian Godan; Impuse de examiner Kata la alegere+combinatii bunkai,din Bassai ai, Kanku Dai, Empi, Hangetsu.	Jiyu Kumite (trei meciuri) -Cei Peste 40 de ani, vor avea optiunile urmatoare ale jiyu kumite, sau: -Jiyu Ippon Kumite (2 Jodan, 2 Chudan, 2 Mae geri, 1 Kekomi, 1 Mawashi geri, 1 Ushiro geri, 1 kizami tsuki, 2 gyaku tsuki) - (ambele parti), sau demonstrarea a sase combinatii de autoaparare; Bunkai demonstrat al oricarui kata ales.