



Sporta klubs "IPPON.LV"



5 kyu

uz zali-zilo/zilo jostu

Fiz. sagatavotība:

Atspiešanās	- 35 reizes
Lecieni "Jamp"	- 35 reizes
Prese	- 35 reizes

Lokanība:

kreisais "špagats"
labais "špagats"
sānu "špagats"

Kihon (zenkutsu dachi)

Gyaku dz. (chu), kizami dz. (jo), oi dz. (chu)	4#4
Gyaku dz. (chu), age uke, oi dz.	
Gyaku dz. (chu), uchi uke, oi dz.	
Gyaku dz. (chu), soto uke, oi dz.	
Gyaku dz. (chu), gedan barai, oi dz.	
Soto uke, yoko empi uchi (kb-d), uraken uchi (jo), gyaku dz. (chu) (z-d)	
Shuto uke (kk-d), kizami mawashi geri, nukite (z-d)	
Mae geri (keage), mae geri (kekomi), oi dz. (jo), gyaku dz. (chu)	3#3 (mawate)
Mae geri (keage), yoko geri (kekomi), uraken uchi (jo), gyaku dz. (chu)	
Mae geri, mawashi geri, uraken uchi (jo), gyaku dz. (chu)	
Mawashi geri, ushiro geri, uraken uchi (jo), gyaku dz. (chu)	
Yoko geri, ushiro geri, uraken uchi (jo), gyaku dz. (chu)	
Mae geri, yoko geri, mawashi geri, ushiro geri, gyaku dz. (chu)	1#1
Z-d : Mae geri, yoko geri, ushiro geri	5#5
Kizami zuki, gyaku zuki	3#3
Gyaku zuki, gyaku zuki (ar soji)	
Mawashi geri	
Gyaku dz., mawashi geri	
Gyaku dz., kizami mawashi geri	
Ura mawashi geri	

Jebkura kihona izmantošana ar partneri (pēc eksāmina pienēmēja uzdevuma)

kata

HEIAN GODAN «+» **bunkai – visiem**

Divi sitiieni ar roku pa boksa ķepu + sitiens ar kāju

kumite

Ippon kumite :	oi zuki (jo), oi zuki (chu), (migi + hidari)	mae geri, mawashi geri,	yoko geri, ushiro geri. 1#1
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Jiy-kumite **bērniem** - 1.00 min., **pieaugušajiem** - 2.00 min.