



FEDERATIA ROMANA DE KARATE

ROMANIAN KARATE FEDERATION
Adresa: Bd. Basarabia, nr. 37-39, sector 2, BUCURESTI
CIF: 10143997
CONT: RO 75 RNCB 00840 107 8696 0001 (RON)
RO 48 RNCB 00840 107 8696 0002 (EUR)
DESCHIS LA: BCR - Sucursala Mihai Bravu
Site: www.frkarate.ro
Tel/Fax: 004-021.317.45.68
Mobil: +40784.212.445
Email: frk.secretariat@gmail.com

1 DAN SHOTOKAN (shodan)

KIHON :

Nr.crt.	PROCEDEU (POZITIE)	MOD DE EXECUTIE
1.	SANBON OI ZUKI(zenkutsu dachi, jodan-chudan-chudan)	Deplasare inainte, 5 pasi
2.	AGE UKE=GEDAN BARAI(accelasi brat)-GYAGU ZUKI(zenkutsu dachi)	Deplasare inapoi, 5 pasi
3.	SANBON GYAKU ZUKI(zenkutsu dachi, chudan-jodan-chudan)	Deplasare inainte, 5 pasi
4.	UCHI UKE=KIZAMI ZUKI-MAE GERI-GYAKU ZUKI	Deplasare inapoi, 5 pasi
5.	SOTO UKE(zenkutsu dachi) –YOKO EMPI-YOKO URAKEN-GYAKU TSUKI(kiba dachi) KAMAE(zenkutsu dachi)	Deplasare inainte, 5 pasi
6.	SHUTO UKE=MAE GERI(ashi)(kokutsu dachi) GYAKU NUKITE(zenkutsu dachi)	Deplasare inapoi, 5 pasi
7.	MAE GERI- MAWASHI GERI-YOKO GERI-USHIRO GERI(fudo dachi)	Deplasare inainte
8.	MAE GERI=YOKO GERI (accelasi picior) (zenkutsu dachi)	Deplasare inainte, 5 pasi
9.	SHIHO GERI (MAE-YOKO-USHIRO-MAWASHI GERI-alternand picioarele)(heisoku dachi)	Pe loc
10.	SHIHO GYAKU TSUKI (zenkutsu dachi)	In 2 axe perpendiculare

KATA :

1.HEIAN 2-5, UN KATA LIBER ALES

UN KATA IMPUS

2.BASSAI DAI

3.KANKU DAI

2.JION

3.ENPI

2. JYU IPPON KUMITE – HIDARI+MIGI

La alegere, atac MAE GERI, MAWASHI GERI, YOKO GERY,
USHIRO GERI, KIZAMI ZUKI, GYAKU ZUKI
Blocaj corespunzator-contraatac

NOTA: "=" COMBINATII DE TEHNICI EXECUTATE FARA DEPLASARE



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2 DAN SHOTOKAN (nidan)

KIHON :

Nr.crt.	PROCEDEU (POZITIE)	MOD DE EXECUTIE
1.	MAE GERI-OI TSUKI=GYAKU TSUKI- GYAKU TSUKI-GYAKU TSUKI (zenkutsu dachi)	Deplasare inainte, intoarcere, deplasare inainte, 5 pasi
2.	AGE UKE-SOTO UKE-GEDAN BARRAI-UCHI UKE-GYAKU TSUKI(zenkutsu dachi)(blocajele cu aceeasi mana)	Deplasare inainte, intoarcere, deplasare inainte, 5 pasi
3.	KIZAMI ZUKI-GYAKU ZUKI-MAE GERI-OI ZUKI	Deplasare inainte, intoarcere, deplasare inainte, 3 pasi
4.	AGE UKE(iori asi retragere)-GYAKU ZUKI-MAWASHI GERI-URAKEN-GYAKU ZUKI(inaintare)	Deplasare inainte, intoarcere, deplasare inainte, 3 pasi
5.	MAE GERI=MAWASHI GERI(accelasi picior, zenkutsu dachi)	Deplasare inainte, intoarcere, deplasare inainte, 5 pasi
6.	MAE GERI-MAWASHI GERI-URA MAWASHI GERI(accelasi picior) (ZENKUTSU DACHI)	Deplasare inainte, intoarcere, deplasare inainte, 5 pasi Deplasare inainte
7.	MAE GERI=YOKO KEAGE=USHIRO GERI	Static, de trei ori pe fiecare parte

KATA : IMPUS: 1.BASSAI DAI
(un kata) 2.KANKU DAI
3.JION
4.ENPI
5.JITTE

LA ALEGERE: 2.BASSAI SHO
(un kata) 3.KANKU SHO
4.TEKI NIDAN

KUMITE : JYU KUMITE 3 REPRIZE DE 3 MIN. CU 1,5 MIN. PAUZA

NOTA: "=" COMBINATII DE TEHNICI EXECUTATE FARA DEPLASAR



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3 DAN SHOTOKAN (sandan)

KIHON :

Nr.crt.	PROCEDEU (POZITIE)	MOD DE EXECUTIE
1.	SHIHO TATE SHUTOUKE GYAKU TSUKI	In 2 axe perpendiculare
2.	CHUDAN SANBON ZUKI(fudo dachi-zenkutsu dachi-fudo dachi)	Deplasare inainte, intoarcere, deplasare inainte, 5 pasi
3.	SHIHO GERI (MAE GERI-YOKO GERI-USHIRO GERI-MAWASHI GERI)alternand picioarele)	Heisoku Dachi
4.	KIZAMI TSUKI-GYAKU TSUKI-USHIRO GERI-GYAKU TSUKI	Deplasare inainte, intoarcere, deplasare inainte, 5 pasi Deplasare inainte
5.	SHIHO GERI (MAE-YOKO-USHIRO-MAWASHI GERI(accelasi picior, zenkutsu dachi)	Pe loc, 3 ori migi, 3 ori hidari
6.	SHIHO ENPI(MAE TATE ENPI-USHIRO ENPI-MAWASHI ENPI-YOKO ENPI)(yoi daci-zenkutsu dachi in fata-retragere in kokutsu dachi-pivot prin fata kiba dachi-revenire cu pivot kiba dachi-yoi dachi)	In doua axe perpendiculare

KATA : 2 kata impuse dintre:

- 1.BASSAI DAI
- 2.KANKU DAI
- 3.JION
- 4.ENPI
- 5.JITTE

1 kata liber ales dintre:

- 1.TEKKI SANDAN
- 2.JI'IN
- 3.CHINTE
- 4.UNSU
- 5.NIJUSHIHO
- 6.SOCHIN

KUMITE : JYU KUMITE 3 REPRIZE DE 3 MIN. CU 1,5 MIN. PAUZA



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4 DAN SHOTOKAN (yondan)

KIHON :

DACHI WAZA

1-3 combinatii din mai multe tehnici, stabilite de comisie, lucrata de trei ori hidari, de trei ori migi.

KATA : 1 kata superior plus bunkai(pentru bunkai pot fi folositi karateka prezentati de candidat sau candidati examinati in aceeasi sesiune)

1 kata liber ales dintre:

1.GOJUSHIHO SHO

2.JI'IN

3.CHINTE

4.HANGHETSU

5.NIJUSHIHO

6.SOCHIN

KUMITE :

JYU KUMITE

4 REPRIZE DE 2 MIN. CU 1,5 MIN. PAUZA



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5 DAN SHOTOKAN (godan)

KIHON :

DACHI WAZA

1-3 combinatii din mai multe tehnici, stabilite de comisie, lucrata de trei ori hidari , de trei ori migi.

KATA : 2 kata superior plus bunkai(pentru bunkai pot fi folositi karateka prezentati de candidat sau candidati examinati in aceeaasi sesiune

KUMITE :

JYU KUMITE

3 REPRIZE DE 2 MIN. CU 1,5 MIN. PAUZA