

CUPA KARATE CHITILA COLOSSEUM

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CATEGORII

CATEGORIE DE VARSTA	KATA		KIHON		KUMITE	
	fete	baieti	fete	baieti	fete	baieti
-6 ani	open	open			open	open
-7ani	KYU 9 KYU8/7	KYU 9 KYU 8/7	KYU 9 KYU 8/7	KYU 9 KYU 8/7	KYU 9 KYU8/7	KYU 9 KYU 8 / 7
7ani	KYU 9 KYU8/7 KYU +6	KYU 9 KYU 8/7 KYU +6	KYU 9 KYU 8/7	KYU 9 KYU 8/7	KYU 9 KYU8/7 + 6 KYU	KYU 9 KYU 8 / 7 + 6 KYU
8 ani	KYU 9 KYU 8/7 KYU +6	KYU 9 KYU 8/7 KYU +6	KYU 9 KYU 8/7	KYU 9 KYU 8/7	KYU 9 KYU8/7 + 6 KYU	KYU 9 KYU 8 / 7 + 6 KYU
9 ani	KYU 9 KYU 8/7 KYU +6	KYU 9 KYU 8/7 KYU + 6	KYU 9 KYU 8/7	KYU 9 KYU 8/7	KYU 9 KYU 8/7 + 6 KYU	KYU 9 KYU 8/7 + 6 KYU

10 ani	KYU 9	KYU 9	KYU 9	KYU 9	KYU 9	KYU 9
	KYU 8/7	KYU 8/7	KYU 8/7	KYU 8/7	KYU 8/7	KYU 8/7
	KYU +6	KYU + 6			+ 6 KYU	+ 6 KYU
11-12 ani	KYU 9	KYU 9			SN KYU 9/+150	SN KYU 9/+150
	KYU 8/7	KYU 8/7			SN KYU9/-150	SN KYU9/-150
	KYU +6	KYU + 6			KYU 8/7/-150	KYU 8/7/-150
13-14 ani	KYU 9	KYU 9			KYU 8/7 +150	KYU 8/7 +150
	KYU 8/7	KYU 8/7			+ 6 KYU/-150	+ 6 KYU/-150
	KYU +6	KYU + 6			+ 6 KYU/+150	+ 6 KYU/+150
13-14 ani	KYU 9	KYU 9			SS KYU 9/ -155	SS KYU 9/ -165
	KYU 8/7	KYU 8/7			SS Kyu9/+155	SS Kyu9/+165
	KYU +6	KYU + 6			SS KYU 8/7/-155	SS KYU 8/7/-165
					SS KYU 8/7/+155	SS KYU 8/7/+165
					SS KYU +6/155	SS KYU +6/-165
					SS KYU +6/155	SS KYU +6/+165

KIHON COMBINATII : OI ZUKI / GYAKU ZUKI / MAE GERI

Exemplu de desfășurare a probei KIHON:

Arbitrul central alege una din cele 3 combinatii si o comunica celor doi concurenti.

Exemplu: **OI ZUKI** - concurentii la comanda **HAJIME** executa: **kamae zenkutsu-dachi gedan barai**, se deplaseaza **de 3 ori cu oi zuki in zenkutsu-dachi**, a treia tehnica de oi zuki - **kiai** , dupa care **mawate zenkutsu-dachi gedan barai**, se deplaseaza din nou de **3 ori cu oi zuki in zenkutsu-dachi**, a treia tehnica de oi zuki cu **kiai**, dupa care **mawate zenkutsu-dachi gedan barai si yoi dachi**.

Sistemul este eliminatoriu, se desfășoară în paralel cu 2 concurenți și se arbitrează cu steguri