

CUPA ACSS VOINTA BUFTEA

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CATEGORII

CAT. DE VARSTA	KATA		KIHON		KUMITE	
	fete	baieti	fete	baieti	fete	baieti
-7ani	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 KYU	6 KYU	6 KYU	+6 KYU	+6 KYU
7ani	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 KYU	6 KYU	6 KYU	+6 KYU	+6 KYU
8 ani	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 KYU	6 KYU	6 KYU	+6 KYU	+6 KYU
9 ani	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 KYU	6 KYU	6 KYU	+6 KYU	+6 KYU
10 ani	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 KYU	6 KYU	6 KYU	+6 KYU	+6 KYU
11-ani	9 KYU	9 KYU	9 KYU	9 KYU	SN KYU 9/+150	SN KYU 9/+150
	8/7 KYU	8/7 KYU	8/7 KYU	8/7 KYU	SN KYU9/-150	SN KYU9/-150
	+6 KYU	+6 KYU	6 KYU	6 KYU	KYU 8/7/-150	KYU 8/7/-150
12 ani	9 KYU	9 KYU	9 KYU	9 KYU	KYU 8/7 +150	KYU 8/7 +150
	8/7 KYU	8/7 KYU	8/7 KYU	8/7 KYU	+ 6 KYU/-150	+ 6 KYU/-150
	+6 KYU	+6 KYU	6 KYU	6 KYU	+ 6 KYU/+150	+ 6 KYU/+150

13-14 ani	9 KYU	9 KYU	9 KYU	9 KYU	SS KYU 9/ -155 SS Kyu9/+155	SS KYU 9/ -165 SS Kyu9/+165
	8/7 KYU	8/7 KYU	8/7 KYU	8/7 KYU	SS KYU 8/7/-155 SS KYU 8/7/+155	SS KYU 8/7/-165 SS KYU 8/7/+165
	+6 KYU	+6 KYU	6 KYU	6 KYU	SS KYU +6/-155 SS KYU +6/+155	SS KYU +6/-165 SS KYU +6/+165

KIHON COMBINATII : 9 kyu 1. OI ZUKI (CHUDAN)

2. AGE UKE

3.GEDAN BARAI

8/7 kyu 1.AGE UKE

2. GYAKU TSUKI (CHUDAN)

3.MAE GERI (CHUDAN)

6 kyu 1.MAWASHI GERI(CHUDAN) , GYAKU TSUKI

(JODAN)

2.AGE UKE , GEDAN BARAI , GYAKU

TSUKI(CHUDAN

3.MAE GERI(CHUDAN) , SAMBON

TSUKI(JODAN,CHUDAN,CHUDAN)

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