

CUPA KARATE CHITILA

EDITIA a-VIII-a 2019

CATEGORII

CATEGORIE DE VARSTA	KATA		KIHON		KUMITE	
	fete	baieti	fete	baieti	fete	baieti
-7ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	X	X
7-8 ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	9kyu 8/7 KYU +6 KYU	9kyu 8/7 KYU +6 KYU
9 -10ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU
11-12ani	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU +6 KYU	9 KYU 8/7 KYU 6 KYU	9 KYU 8/7 KYU 6 KYU	SN KYU 9/8/7/+150 SN KYU9/8/7/-150 + 6 KYU/-150 + 6 KYU/+150	SN KYU 9/8/7/+150 SN KYU9/8/7/-150 + 6 KYU/-150 + 6 KYU/+150
13 ani	9/8/7 KYU 6/5/4 KYU 3/2/1 KYU	9/8/7 KYU 6/5/4 KYU 3/2/1 KYU	X	X	-155 +155	-165 +165

14-15 ani	9/8/7 KYU	9/8/7 KYU			55	-50
	6/5/4 KYU	6/5/4 KYU			-65	-55
	3/2/1 KYU	3/2/1 KYU			-75	-60
					+75	+60
16-17 ani	9/8/7/6 KYU	9/8/7/6 KYU			55	-50
					-65	-55
	+5 KYU	+5 KYU			-75	-60
					+75	+60
18-35ani	9/8/7/6 KYU	9/8/7/6 KYU			SS OPEN	SS OPEN
	+5 KYU	+5 KYU				

KATA:-SE ACCEPTEA EXECUTAREA DE KATA TAIKYOKU

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

