

CUPA MICKEY MOUSE

FLORESTI 22-23 IANUARIE 2011 - EDITIA a VIII-a

- CATEGORII -

Cat.varsta	Kata shotokan		kata wadoryu+goju ryu+shito ryu		kihon		Kumite ippon			
	fete	baieti	fete	baieti	fete	baieti	fete	baieti		
-7 ani	open	open	open	open	open	open	-	-		
7-8 ani	9kyu 8-6kyu	9kyu 8-6kyu	9kyu 8-6kyu	9kyu 8-6kyu	9kyu 8-6kyu	9kyu 8-6kyu	open	open		
9-10 ani	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu	9kyu 8-7kyu	open	open		
11-12 ani	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu 6-4kyu	9kyu 8-7kyu 6-4kyu	-	-	-150	+150	-150	+150
13-14 ani	9kyu 8-7kyu 6-4kyu +4kyu	9kyu 8-7kyu 6-4kyu +4kyu	9kyu 8-7kyu 6-4kyu +4kyu	9kyu 8-7kyu 6-4kyu +4kyu	-	-	-155	+155	-155	+155
ECHIPE	7-8 ani		kata-all stile	kumite-s.nihon	fete	baieti				
	9-10 ani		kata-all stile	kumite-s.nihon	fete	baieti				
	11-12 ani		kata-all stile	kumite-s.ippon	fete	baieti				
	13-14 ani		kata-all stile	kumite-s.ippon	fete	baieti				

Kumite – cat.7-8, 9-10,11-12 ani,sportivii vor lupta cu casca si pieptar,cat.13-14 ani sportivii vor lupta cu proteza dentara si scoica obligatoriu.

COMBINATII KIHON	SHOTOKAN	WADO RYU	GOJU RYU	SHITO RYU
	OI ZUKI	CORESPONDENT	CORESPONDENT	CORESPONDENT
	MAE GERI	CORESPONDENT	CORESPONDENT	CORESPONDENT
	AGE UKE+ GYAKU ZUKI	CORESPONDENT	CORESPONDENT	CORESPONDENT
	GYAKU ZUKI	CORESPONDENT	CORESPONDENT	CORESPONDENT

Exemplu de desfășurare a probei KIHON:

- arbitrul central alege una din cele 4 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**.