

# Examen de DAN

## A: KIHON:

|            | <b>Shotokan</b>                             | <b>Goju Ryu</b>                                 | <b>Wado Ryu</b>                                  |
|------------|---|---|--|
| 1. ZKD I:  | Oi-tsuki chudan                             | Oizuki chudan                                   | Jun-tsuki chudan                                 |
| 2. ZKD R:  | Age Uke - Gedan barai-<br>Gyaku tsuki       | Age Uke - Gedan barai-<br>Gyaku tsuki           | Jodan Uke - Gedan barai-<br>Gyaku tsuki          |
| 3. ZKD I:  | Sanbon tsuki                                | Sanbon tsuki                                    | Sanbon tsuki                                     |
| 4. ZKD R:  | Uchi Uke - Kizami tsuki-<br>Gyaku tsuki     | Yoko Uke - Kizami tsuki-<br>Gyaku tsuki         | Soto Uke - Kizami tsuki-<br>Gyaku tsuki          |
| 5. ZKD I:  | Soto Uke - Uraken Uchi-<br>Gyaku tsuki      | Uchi Uke - Uraken Uchi-<br>Gyaku tsuki          | Uchi Uke - Uraken Uchi-<br>Gyaku tsuki           |
| 6. KKD I:  | Shuto Uke - Mae Geri-<br>Gyaku Nukite (ZKD) | NAD: Kake - Uke-Mae Geri-<br>Gyaku Nukite (ZkD) | NAD: Shuto Uke - Mae Geri-<br>Gyaku Nukite (ZkD) |
| 7. ZKD I:  | Mawashi Geri                                | Mawashi Geri                                    | Mawashi Geri                                     |
| 8. ZKD I:  | Yoko Geri kekomi                            | Yoko Geri kekomi                                | Sokuto (Yoko Geri kekomi)                        |
| 9. ZKD I:  | Yoko Geri keage                             | SD: Kansetsu Geri                               | Yoko Geri  |
| 10. ZKD I: | Ushiro Geri                                 | Ushiro Geri                                     | Ushiro Geri                                      |

**Legenda:** I – inaintare  
R - retragere

## B: Tehnici de lupta – liber (fara partener)

1. Gyaku tsuki
  2. Gyaku tsuki - Gyaku tsuki
  3. Gyaku tsuki - Gyaku tsuki (pas adaugat) - Kizami tsuki
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1. Kizami tsuki
  2. Kizami tsuki - Gyaku tsuki
  3. Kizami tsuki - Gyaku tsuki - Mawashi Geri (piciorul din fata)
- 
1. Mawashi Geri chudan
  2. Mawashi Geri chudan – Gyaku tsuki jodan
  3. Mawashi Geri chudan – Gyaku tsuki jodan (pas adaugat) – Kizami Mawashi Geri jodan

## C: KATA:

|        | <b>Shotokan</b>               | <b>Goju Ryu</b>       | <b>Wado Ryu</b>    |
|--------|-------------------------------|-----------------------|--------------------|
| 1. Dan | Jion<br>Kanku Dai<br>Hangetsu | Seienchin<br>Sanseiru | Bassai<br>Kushanku |

**+ un kata Heian/Pinan la alegerea examinerului**

|               |   |                     |                             |
|---------------|---|---------------------|-----------------------------|
| <b>2. Dan</b> | Enpi<br>Jitte<br>Chinte<br>Bassai Sho<br>Meikyo | Seisan<br>Shisochin | Jion<br>Jitte<br>(Kushanku) |
|---------------|---|---------------------|-----------------------------|

**+ un kata Heian/Pinan la alegerea examinatorului**

|               |   |                                   |  |
|---------------|---|-----------------------------------|--|
| <b>3. Dan</b> | Nijushiho<br>Kanku Sho<br>Sochin<br>Gankaku<br>Jiin<br>Unsu<br>Gojushiho Sho<br>Gojushiho Dai | Seipai<br>Kururunfa<br>Suparinpei | Seishan<br>Niseishi<br>Chinto<br>Wanshu<br>Rohai |
|---------------|---|-----------------------------------|--|

**+ un kata Heian/Pinan la alegerea examinatorului**

**D: JIYU IPPON KUMITE** (atat pe partea stanga cat si dreapta)

1. Kizami tsuki
2. Gyaku tsuki
3. Uraken Uchi
4. Mae Geri chudan
5. Mawashi Geri chudan
6. Mawashi Geri jodan
7. Yoko Geri Kekomi
8. Ushiro Geri
9. Ura Mawashi Geri

**F: JIYU KUMITE:** lupta libera (2 adversari, 2 minute)