

Examen de DAN

A: KIHON:

	Shotokan	Goju Ryu	Wado Ryu
1. ZKD I:	Oi-tsuki chudan	Oizuki chudan	Jun-tsuki chudan
2. ZKD R:	Age Uke - Gedan barai- Gyaku tsuki	Age Uke - Gedan barai- Gyaku tsuki	Jodan Uke - Gedan barai- Gyaku tsuki
3. ZKD I:	Sanbon tsuki	Sanbon tsuki	Sanbon tsuki
4. ZKD R:	Uchi Uke - Kizami tsuki- Gyaku tsuki	Yoko Uke - Kizami tsuki- Gyaku tsuki	Soto Uke - Kizami tsuki- Gyaku tsuki
5. ZKD I:	Soto Uke - Uraken Uchi- Gyaku tsuki	Uchi Uke - Uraken Uchi- Gyaku tsuki	Uchi Uke - Uraken Uchi- Gyaku tsuki
6. KKD I:	Shuto Uke - Mae Geri- Gyaku Nukite (ZKD)	NAD: Kake - Uke-Mae Geri- Gyaku Nukite (ZkD)	NAD: Shuto Uke - Mae Geri- 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 - Kizami tsuki (pas adaugat)
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1. Kizami tsuki
 2. Kizami tsuki - Gyaku tsuki
 3. Kizami tsuki - Gyaku tsuki - Mawashi Geri (piciorul din fata)
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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:

	Shotokan	Goju Ryu	Wado Ryu
1. Dan	Jion Kanku Dai Hangetsu	Seienchin Sanseiru	Bassai Kushanku

+ un kata Heian/Pinan la alegerea examinerului

2. Dan	Enpi Jitte Chinte Bassai Sho Meikyo	Seisan Shisochin	Jion Jitte (Kushanku)
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+ un kata Heian/Pinan la alegerea examinatorului

3. Dan	Nijushiho Kanku Sho Sochin Gankaku Jiin Unsu Gojushiho Sho Gojushiho Dai	Seipai Kururunfa Suparinpei	Seishan Niseishi Chinto Wanshu Rohai
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+ 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)