

## ΕΞΕΤΑΣΕΙΣ DAN KUMITE – KATA

DAN	KUMITE	KATA
<b>SHODAN</b>	<b>JIYU IPOON KUMITE</b> JODAN KIZAMI ZUKI JODAN JUN ZUKI CHUDAN GYAKU ZUKI CHUDAN JUN ZUKI MAE GERI MAWASHI GERI YOKO GERI – USHIRO GERI	<b>1 SHITEI</b> ( HEIAN 1 – 5 – TEKKI SHODAN )  <b>1 SENTEI</b> (A)
<b>NIDAN</b>	<b>OKURI JIYU IPPON KUMITE</b>  <b>JIYU KUMITE</b>	<b>1 SENTEI (A)</b> <b>1 SENTEI</b>
<b>SANDAN</b>	<b>KAESHI IPPON KUMITE</b>  <b>JIYU KUMITE</b>	<b>1 SHITEI (B)</b> <b>1 SENTEI</b>
<b>SHITEI = COMPULSORY</b> ΥΠΟΧΡΕΩΤΙΚΟ  <b>SENTEI = FREE</b> ΕΛΕΥΘΕΡΟ	<b>(A)</b> BASSAI – DAI KANKU – DAI JION ENPI JITTE	<b>(B)</b> BASSAI – DAI KANKU – DAI JION ENPI

### KATA

<b>SHODAN</b>	BASSAI – DAI • KANKU – DAI • ENPI • JION • JITTE
<b>NIDAN</b>	HANGETSU • TEKKI NIDAN • BASSAI – SHO • GANKAKU • KANKU - SHO
<b>SANDAN</b>	SOCHIN • TEKKI SANDAN • CHINTE • JI'IN • NIJUSHIHO