



DAUGAVPILS KARATĒ SKOLA



5 KYU(I)
(Zilā josta, pirmā pakāpe)

KIHON (karatē bāzes tehnika)	Zenkutsu-dachi: Sanbon-zuki; Age-uke/gyaku-zuki; Soto-uke/yoko-empi-uchi/gyaku-zuki; Uchi-uke/gyaku-empi-uchi; Kokutsu-dachi: Shuto-uke/kizami-mae-geri/gyaku-zuki; Zenkutsu-dachi: Haito-uchi; Kizami-mae-geri/ mae-geri; Kiba-dachi: Yoko-geri keage; Yoko-geri kekomi; Zenkutsu-dachi: Mawashi-geri; Ura-mawashi-geri; Ushiro-geri; Mae-geri/mawashi-geri; Shiho-gyaku-zuki; Shiho-uraken-uchi.
KATA (cīņas formālo vingrojumu kompleksi)	HeianYondan;
KUMITE (tuvcīņas māksla)	Kihon-ippon-kumite: <ul style="list-style-type: none">• Jodan• Chudan• Mae-geri• Mawashi-geri• Yoko-geri-kekomi• Ushiro-geri

*KYU - Karatē meistarības līmenis