



# DAUGAVPILS KARATĒ SKOLA



## 5 KYU (II)

(Zilā josta, otrā pakāpe)

|   |  |
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| <b>KIHON</b><br>(karatē bāzes tehnika)              | <b>Zenkutsu-dachi:</b><br>Sanbon-zuki;<br>Age-uke/gyaku-zuki/age-empi-uchi;<br>Soto-uke/yoko-empi-uchi/uraken-uchi;<br>Uchi-uke/kizamu-zuki/gyaku-zuki;<br><b>Kokutsu-dachi:</b><br>Shuto-uke/kizami-mae-geri/gyaku-nukite;<br><b>Zenkutsu-dachi:</b><br>Mawashi-shuto-uchi/gyaku-haito-uchi;<br><b>Kiba-dachi:</b><br>Yoko-geri keage;<br>Yoko-geri kekomi;<br><b>Zenkutsu-dachi:</b><br>Mawashi-geri;<br>Ura-mawashi-geri;<br>Ushiro-geri;<br>Mae-geri/mawashi-geri;<br>Mawashi-geri/ushiro-geri;<br>Shiho-gyaku-zuki;<br>Shiho-empi-uchi. |
| <b>KATA</b><br>(cīņas formālo vingrojumu kompleksi) | Heian Godan;   |
| <b>KUMITE</b><br>(tuvcīņas māksla)                  | <b>Kihon-ippon-kumite:</b> <ul style="list-style-type: none"><li>● Jodan</li><li>● Chudan</li><li>● Mae-geri</li><li>● Mawashi-geri</li><li>● Yoko-geri-kekomi</li><li>● Ushiro-geri</li></ul>   |

\*KYU - Karatē meistarības līmenis