

ACCADEMIA BUSHIDO

Arti Psicomotorie Orientali

Sede legale :

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Sedi operative : Palestra Don Bosco

Palestra Fenoglio

Shotokan Karate-do International Italia

ESAME 2° DAN (Cintura nera)



> Avanzare << Arretrare = Fermo sul posto

KIHON

= Jòdan Kòsauke = Kizamigeri = Sokumentetsui = Uchiuke = Maegeri = Chokuzuki

(Kibadachi) (Gyakuashi)

<< Moroteuke = Kizamizuki = Gyakuzuki > Shutouke = Gyakuzuki

(Zenkutsu) (Kokutsu) (Ko ku tsu Dachi) (Zenkutsu) (Ko ku tsu)

<<Jodan Oizuki = Gedambarai = Mae Enpi > Gedan Kosauke = Uchi Shutouchi = Maw Ashi Zuki

(Gyakuashi)

(Gyakuashi)

> Ashibarai = Kizami Mawashigeri = Gyakuzuki > Yokogeri Kekomi = Ageuke = Gyakuzuki

(Stessa gamba) (Sochindachi)

(Ko ku tsu Dachi)

> Jòdan Oizuki = Sotouke = Jòdan Haito > Mawashigeri Mae geri = Chudan Tateshutouke

(KokutsuDachi Gyakuashi)

(KokutsuDachi Gyakuashi)

= Ageuke > Yoko Empi

(Ko ku tsu Dachi) (Kibadachi)

S – Gedan Nagashi Uke

D – Haito

2) D – Maegeri

S - Uchiuke

D - Chokuzuki

3) S – Uraken

D- Maegeri

D - Gyakuzuki

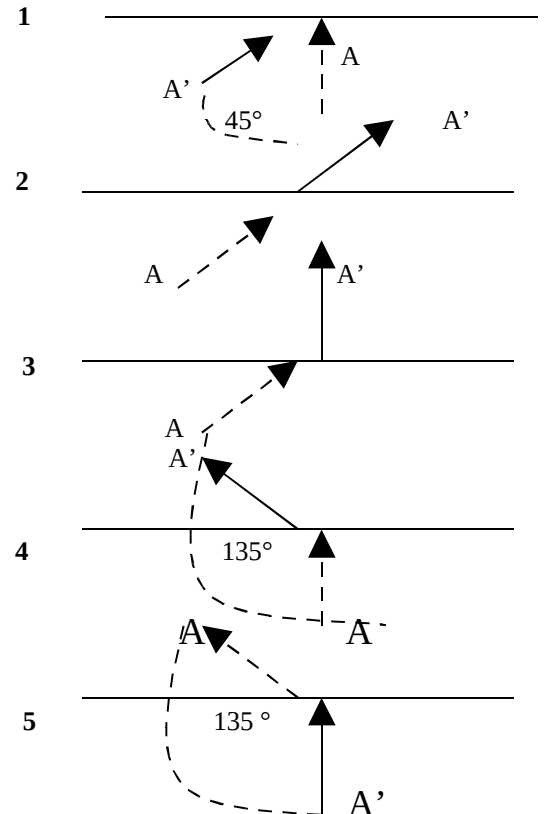
4) D – Ushiro Mawashi (135°)

S - Urazuki

5) S – Moroteuke (135°) Kokutzu

D - Gyakuzuki

Partenza in A in guardia Sinistra Arrivo in A'



KUMITE

Jiyu Kumite

KATA

Tekki Nidan , Hangetsu, Bassai Shò,

Kanku Shò, Sochin, Nijyu Shi Ho