PROGRAMA EXAMINARE GRAD – COPII

* Procedeele vor fi executate in varianta Irimi si Tenkan
* Comisia de examinare poate cere executia unor procedee de la examenele anterioare
* Evolutia participantilor va fi evaluata cu calificativul “Admis” sau “Respins”

Nr. Ctr.	PROCEDEE / CENTURI	CENTURA ALB GALBENA	CENTURA GALBENA	CENTURA PORTOCALIE	CENTURA ROSIE	CENTURA VERDE	CENTURA VIOLET	CENTURA ALBASTRA	CENTURA GRENA	CENTURA MARO	CENTURA MARO NEAGRA	CENTURA NEAGRA 1 DAN
1	TAI SABAKI	X	X	X								X
2	ATACURI/DEPLASARI	X	X	X								X
3	CADERI - UKEMI	X	X	X								X
4	UDE OSAE		X					X				X
5	UDE NOBASHI			X			X		X			X
6	TEKUBI OSAE				X		X					X
7	UDE HISIGI					X				X		X
8	KOTE MAWASHI								X		X	X
9	KOTE HINERI									X	X	X
10	KOTE GAESHI							X				X
11	SOKUMEN IRIMI NAGE		X									X
12	IRIMI NAGE				X				X		X	X
13	SUMI OTOSHI		X									X
14	AIKI OTOSHI			X								X
15	TENCHI NAGE			X								X
16	SHIHO NAGE				X	X			X			X
17	UDE KIME NAGE					X						X
18	KOSHI NAGE						V1	V2			V1+V2	X
19	JUJI GARAMI						X			X	X	X
20	KAITEN NAGE UCHI							X		X		X
21	KAITEN NAGE SOTO							X		X		X
22	KOKYU NAGE								X	X	X	X
23	SEIZA KOKYU HO									X		X
24	AIKI NAGE										X	X
25	FIXARE PICIOR										X	X
26	INLANTUIRI										2X2	4X2
27	RANDORI	X	X	X	X	X	X	X	X	X	X	X