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**qamris xarisxis Cabarebis programa.**  
**kiokuSinkan karates klub,,samurais,,**

**dojoSi 2017 w.**

**10-9\* kiu. narinjisferi qamari**

**( momzadebis vada 3,5 + 3,5 Tve)**  
**me-9\* kiu narinjisferi qamari lurji zoliT**

**" kihoni (sabazo teqnika)**

**1. daCi kata (dgomebi)**

**heisoku daCi, musubi daCi,heiko daCi, fudo daCi, (Sizen daCi), uCi haCiCi daCi, sanCin daCi, zenkucu daCi, curuaSi daCi, kiba daCi. kokucu daCi\*, nekoaSi daCi\*, Siko daCi\* (45gradusiT da 90 gr.)**

**2. cuki (dartymebi xeliT).**

**seiken morote cuki (jodan, Cudan, gedan) seiken Cudan, seiken jodan, seiken gedan, cuki, seiken ago uCi, seiken kage cuki, seiken Sita cuki, xikites aucilebloba da mniSvneloba. □ hiji (empi) uCi, uraken gammen uCi, uraken saiu uCi, uraken xizo uCi, uraken mavaSi uCi, Suto\* ganmen uCi, Suto\* sakocu uCi, Suto\* sakocu uCikomi, Suto\* xizo uCi, Suto\* jodan uCi uCi, Suto ioko uCi\* (jodan, Cudan, gedan).**

**3. uke (xeliT dacvebi).**

**seiken: jodan uke, Cudan soto uke, Cudan uCi uke, gedan barai, uCi uke-gedan barai, jodan uke-gedan barai, \*Suto jodan uke, \*Cudan soto uke, \*Cudan uCi uke, \*gedan barai, \*uCi uke-gedan barai.**

**4. geri ( fexiskvra, fexiT dartymebi).**

*mae keagi, teisoku soto mavaSi geri, haisoku uCi mavaSi jodan geri, xiza geri, kin geri, mae geri, \*mavaSi geri, \*ioko geri, \*kansecu geri, \*uSiro geri, \*ioko keagi.*

**5. Tavisufali sunTqva nogare (sinkoku), kiais mniSvneloba. ido geiko (sabazo gadaadgileba)**

*Zenkucu daCiSi win da ukan, brunebi, kombinacia erTjeradi teqnikiT (cuki, geri, uke). \*kokucu daCi, nekoaSi-daCi\*; win da ukan gadaadgilebebi, triali.*

*mag: \*kokucu daCi + Cudan uCi*

*teqnikis gameoreba mag: zenkucu daCi + seiken oi cuki ni, zenkucu daCi + seiken Cud. sanbon cuki.*

**2. kata.**

*taikioku sono iCi da taikioku sono ni, sokugi taikioku sono iCi (fexis kata) taikioku sono san\*, sokugi taikioku sono ni\* da sokugi taikioku sono san\* fexis kata.*

*kondicia (fiz. momzadeba)*

*moqniloba (Camjdar mdgomareobaSi fexebi ganzea, TaviT vexebiT iataks).*

*azidvebi muStebze 25, 30\*, TiTebze 5, 10\**

*axtomebi haerSi (Camjdar mdgomareobaSi) 20, 30\**

*dgomi xelebze (partnioris daxmarebiT) 20wm, 30\**

*presi 20, 40\**

*naxtomSi (tobi geri) saxis simaRleze. " naxtomSi (tobi geri): Tavis simaRlidan 10sm-iT zeviT*

*dartymebi 2 wT mae keage, 2 wT kingeri. \*2 wT-Si mae geri Cudan, 2 wT jodan. fexebis monacvleobiT.*

**kumite (sparingi)**

**1. sambon kumite.**

**2. iakusoku (erTsvliani kombinacia) kumite:**

*blokebi Setevis winaaRmdeg:*

*xeli blokavs cuks, fexi blokavs cuks, xeli blokavs geris dartyomas, fexi blokavs fexiskvras (gers).*

**3. jiu kumite: 30wm (Tavisufali stilis orTabrZola). 4 brZola (raundi) da 5 \*brZola 30 wm.**

*Sefasebis kriteriumia: sakuTar Tavze kontroli, mzad yofna, napiri (zRvari)*

*werilobiTi gamocda.*

*we terminologia da filosofia, romelic exeba am rangis dones.*

*am gamocdis Sinaarsi SesabamisobaSia honbus moTxovnebTan da akmayofilebs IKO- s.*

*qcevis wesebi: (reigi) darbazis etiketi, qcevis wesebi sazogadoebaSi, sityva osu-s*

*mniSvneloba, kiokuSin karates mokle istoria, am stilis damaarsebeli, axlandeli*

*xelmZRvaneli, simboloebi, kaligrafiuli gamosaxva, karate gi-s (dogis) tareba, dakecva, qamris Sekvra, misalmebis formebi varjiSis dros, darbazis ficis gacnoba.kiokuSin karates tradiciuli moTelva.*

**8-7\* kiu lurji qamari**

*(momzadebis vada 3,5+3,5 Tve)*

**7\* lurji qamari yviTeli zoliT**

**ZiriTadi teqniki ileTebi igivea rac TeTr da narinjisfer qamrebze, emateba Semdegi teqnika:**

*kihoni (sabazo teqnika)*

**1. daCi kata.**

*kake aSi - daCi*

**2. cuki (dartymebi xeliT)**

*tetcui: tetcui komi kami uCi, tetcui oroSi uCi, tetcui ioki uCi, tetcui □ xizo uCi.*

*nukite: \*ipon nukite, \*nihon nukite, \*ioinhon nukite.*

*Sotei\* - (jodan, Cudan, gedan)*

**3. uke:**

*morote-uke, mae mavaSi-uke, Suto-mavaSi-uke\*, osae-uke\*.*

**4. kokoi-ho (sunTqvis teqnika): ibuki sankai (nogare, giako nogare, ibuki), kime kiais mniSvneloba.**

*ido geiko:*

*kokucu daCi: Suto mavaSi uke □ seiken giako cuki gadaadgilebebSi win da ukan,*

*□ sanCin daCi: gadaadgileba win da ukan, trialebi, kombinaciebi:*

*mag: sanCin daCi + seiken Cudan geaku cuki. kiba daCi: gadaadgileba □ win da ukan. (m ae- koSa, uSiro koSa) trialebi.*

*magaliTi: kiba daCi jun cuki, tetcui.*

*kombinacia (dacva da Tavdasxma)*

*mag: zenkucu daCi + jodan \_ uke+ seiken Cudan geaku cuki. kombinacia (cuki da geri)*

*mag: zenkucu daCi +mae geri+ seiken Cudan cuki.*

*\*ren raku: (gadabmulu moZraobebi)*

*mae geri Cusoku-geaku cuki, seiken soto uke-gedan barai geaku cuki. sami nabiji win, Setrialeba da sami nabiji ukan.*

*kata.*

*pinan sono iCi da pinan sono ni\*, □ 1\* da 3\* □ tekioka ura (trialebSi)*

( *sanCin kata vinc apirebs katebis Cemp. monawileobas* )

**kondicia:**

**moqniloba (mxrebiT vexebiT iataks, fexebi ganzea gaSlili)**

**azidvebi muStebze.**

**Sextomebi maRla 40 jer (Camjdar mdgomareobidan)**

**dgomi xelebze (partnioris daxmarebiT) \_ 50 wm**

**RerZze mizidva-- 8**

**naxtomSi (tobi geri) Tavis simaRleze +15 sm**

**aWimvebi TiTebze: 3 TiTze xuTjer. 4 TiTze 10-jer, 5 TiTze 15-jer**

**presi \_ 45, 50\*.**

**joxze gadaxtomebi 6, 8\* jer.**

**xelebze dgomi da \*siaruli 5 metris manZilze.**

**dartymebi fexiT: ioko geri Cudan 2 wT. jodan 2 wT, mavaSi geri jodan 4 wT, gedan 2 wT.**

**kumite (sparingebi)**

**1. iakusoku kumite: uke-keaSi (bloki da kontrSeteva). mowinaaRmdegis Seteva,**

**dablokva, kontrSeteva sxvadasxvanairi Setevis gamoyenebiT, blokiTa da**

**kontrSetevebiT. muSaoba makevaraze:**

**mag: xeli, xeli, xeli, | xeli, xeli, fexi| xeli, fexi, xeli, | fexi, xeli, xeli, | xeli, fexi, fexi| fexi, fexi**  
**xeli, | fexi xeli, fexi, | fexi, fexi, fexi|**

**2. jiuu kumite: 6 brZola (raundi) 60-wm da 7\* brZola 60 wm. Sefasebis kriteriumia:**

**kamae, zRvari, siswrafe, Zala, amtanoba, blokebi da kontrblokebi.**

საქართველო  
საქართველო

**werilobiTi gamocda.**

**terminologia da filosofia, Sesabamisad am qamris doneze. am gamocdis Sinaarsi**

**Seesabameba (iaponiis kiokuSin karates kavSiris moTxovnebs).**

**6 da 5 \* kiu yviTeli qamari**



" dartyმა (tobi geri) naxtomSi Tavze 20 sm-iT zeviT.

" aWimvebi TiTebze: or TiTze\* \_ 5, sam TiTze \_ 10\*, oTx TiTze \_ 20 da xuT TiTze \_ 25.

" presi \_ 55, □ 60\*

" joxze gadaxtomebi \_ 10, 12\*.

" dartyმები: 3 wT \_ kakato geri (soto, uCi), 3 wT \_ ioko geri jodan, 2 wT \_ uSiro geri jodan ju kama eSi moZraobiT, 5 wT \_ uSiro mavaSi geri.

**kumite (sparingi)**

1. iakusoku kumite: uke kaeSi (bloki da kontrSeteva), mowinaaRmdegis Setevaze bloki, kontrSeteva mravalferovani SetevebiTa da blokebiT.

mag: xeli, xeli, xeli / xeli, xeli, fexi / xeli, fexi, xeli / fexi, xeli, xeli / xeli, fexi, fexi / fexi, fexi, xeli / fexi, xeli, fexi / fexi, fexi, fexi.

2. jiu kumite: 8 brZola (raundi) □ 60 wm □ da10\*\* brZola raundi 60 wm. .

Sefsebis kriteriumebia: kamae, kiai, siswrafe, Zala, amtanoba, blokebi da kontrSeteva.

**werilobiTi gamocda:**

**terminologia da filosofia, romelic Seesabameba am qamris dones.**

**4 da 3\* kiu, mwvane qamari**

.....  
(momzadebis vada 6 Tve + 6 Tve)

**me-3 kiu: mwvane qamari yavisferi zoliT**

**ZiriTadi teqniki ileTebi igivea, rac TeTridan yviTeli qamris CaTvliT, Semdegi damatebebiT: teqnika**

**kihoni**

1. dgomebi:

moro aSi daCi, kamaete\* daCi.

2. xeliT dartyმები: Sotei uCi (gedan, Cudan jodan. \*haiSu uCi, age cuki,

3. xeliT dacvebi (blokebi) : Sotei uke (gedan, Codan, jodan.) \*tenSo uke, Suto\* uke juji uke (gedan jodan), kake\* uke.

*ido geiko.*

*ZiriTadi damuSaveba moZraobebisa kumite no kamaeSi: okuri-aSi, mumi aSi, koSa, oiaSi (sahari) ukan.*

*" \*ren raku: (gadabmuli moZraobebi)*

*mae geri - mavaSi geri - uSiro mavaSi geri - mae geri - mavaSi geri - uSiro mavaSi geri, oi Zuki, geaku Zuki.*

*kata:*

*pinan sono ion, 2 pinani ura\*, 3 gerino ura\*.*

*( saiha kata, vinc apirebs katebis Cemp. monawileobas)*

*kondicia:*

*moqniloba: (mjdomare pozaSi, fexebi ganze da mkerdi unda Seexos iataks).*

*muStebze awevebi \_ 65, 70\*.*

*axtomebi maRla (Camjdar mdgomareobidan) 55, 60\**

*dgomi xelebze 60 wm (partnioris daxmarebiT)*

*mizidva RerZze \_ 12.*

*dartyma (tobi geri) naxtomSi, Tavze 30sm-iT zeviT.*

*aWimvebi kokeniT 30. TiTebze: or TiTze \_ 10\*, sam TiTze \_ 20\*, oTx TiTze \_ 25 da xuT TiTze \_ 30.*

*\*joxze gadaxtomebi \_ 20.*

*\*8wT \_ mae kakato geri Cudan, 8wT \_ mavaSi geri jodan, ju kama eSi moZraobiT,*

*\*3wT \_ tobi mae geri, \*\*7wT \_ tobi kakato geri, \*\*7wT \_ uSiro mavaSi jodan. fudo (Sizen) daCidan.*

*kumite (sparingebi)*

*1. iakusoku kumite: uke da uke-kaeSi (bloki da kontrSeteva), kumite-no-kamaesTan SerwymiT.*

*2. jiu kumite: 12 raundi 60 wm, 15\* raundi 60 wm.*

*Sefasebis kriteriumebia: kamae, kiai, siswrafe, Zala, amtanoba, blokebi da kontrSeteva, ritmi, Sesabamisad (xelebiTa da fexebiT teqnika) kombinacia, gadaadgileba.*

*werilobiTi gamocda*

*terminologia da filosofia, Sesabamisi am qamris doneze.*

*2 da 1\* kiu, yavisferi qamari*

.....  
*(momzadebis vada 6 Tve + 12 Tve)*  
*1\* kiu: yavisferi qamari Savi zoliT*

*ZiriTadi teqniki ileTebi igivea, rac TeTridan mwvane qamramde da + damatebiTi teqnika*

*ido geiko.*  
*kumite-no-kamaes daxvewa sxvadasxva mimarTulebiT.*  
*kata.*  
*" pinan sono san ura, ianci kata, 4\* pinani ura\*. pinan sono go.\*.*

*( sanCin kata, tenSo kata, vinc apirebs katebis Cemp. monawileobas)*  
*renraku: - gedan barai (ukan nabijis SetaniT) seiken age uCi-*  
*seiken geaku Cudan cuki (erTi nabiji win) mae geri, mavaSi geri, uSiro geri-mae gedan*  
*barai, seiken Cudan geaku cuki.*  
*-sanCin daCi giaku cuki, uCi uke (imave xeliT), uraken Somen uCi (imave xeliT), hiji*  
*jodan ate (imave xeliT), tetsui ganmen uCi (imave xeliT)*  
*-oi cuki - geako cuki, oi cuki- Sita cuki*  
*-mavaSi geri (wina fexiT) oi cuki - geako cuki*  
*mavaSi geri (ukana fexiT).*  
*-kiba daCi oi hijijodan ate-imave xeliT.*  
*uraken saiu uCi, gedan barai - geaku Cudan cuki*  
*kondicia (mjdmare pozaSi, fexebi ganze da mkerdiT unda SevexoT iataks).*  
*muStebze awevebi \_ 90, 100\*.*  
*axtomebi maRla 90, 100\* (Camjdar mdgomareobidan, axtomebi).*  
*dgomi xelebze 90wm (partnioris daxmarebiT)*

**mizidva RerZze \_ 15, 20\*.**

**dartyma (tobi geri) naxtomSi, Tavze 30sm-iT zeviT.**

**tobi uSiro geri an tobi uSiro mavaSi geri, marjvena an marcxena fexiT**

**presi 90, 100\***

**\*aWimvebi kokeniT 2 0. \* or TiTze \_ 20,**

**\*TiTebze dgoma da siaruli**

**\*4 wT \_ ioko geri, 4wT \_ tobi mavaSi geri, 5 wT oroSi kakato geri ju kamaeSi gadaadgilebiT,**

**saxtunao TokiT muSaoba minimumi 10 wT**

**sirbili 3200 metrze 12 wT-Si**

**tameSivari: sagnebis gatexva I K-s wesebiT (seiken, Suto, hiji da geri teqniki gamoyenebiT) SejibrebebisaTvis.**

**kumite (sparingebi)**

**1. iakusoku kumite: uke da uke-kaeSi, kumite-no-kamaesTan SerwymiT.**

**2. jiu kumite: 20 (brZola) raundi 60 wm. Oorive 2 da 1 kiuze.**

**werilobiTi gamocda**

**terminologia da filozofia, Sesabamisi am qamris doneze. am gamocdis Sinaarsi Seesabameba (iaponiis kiokuSin karates kavSiris moTxovnebs).**

**SeniSvnebi: \* - aRiniSneba damatebiTi varjiSebi da katebi maRal qamarze: (mag. 8-7\* kiu \_ze ekuTvnis 7 kius)**

**Savi qamrebi**

**bavSvebs 14 wlamde SeuZliaT miiRon So dani (1 dani) amasTan erTad maT ar SeuZliaT Caabaron (2 danze) 17 wlamde.**

**Savi qamari, 1 dani, wodeba `senpai~  
momzadebis vada 1 weli  
Savi qamari erTi oqrosferi zoliT.**

**moTxovnebi:**

**kihoni.**

**1. xeliT dartymebi: riutoken cuki, naka iubi, ipponken, oiaiubi ipponken, keiko uCi, toho uCi.**

**2. xeliT dacvebi: morote kake uke.**

**kata:**

**pinan sono go ura, cukino kata, saiha, iancu kata, sanCin kata. gekesai dai, gekesai So.**

**" giakuite (Tavdacva): specialuli seminaris gavla.**

**" brwyinvale fizikuri momzadeba, romelic aRemateba moTxovnebs yavisfer qamarze.**

**jiu kumite: 15 raundi 2 wT- iani.**

**" unda iyoT saukeTeso budoka (mebrZoli) da samagaliTo „kohavbisTvis,, (dabali rangis moswavleebisTvis)**

**" unda gadaixadoT Sesabamisi Sesatanebi saerTaSoriso karates organizaciaSi IK.**

**" unda iyoT aranakleb 15 wlis.**

**Savi qamari, 2 dani, wodeba `senpai~,**

**momzadebis vada 2 weli. moTxovnebi:**

**kata: seipai, gariu , □ 30 Tvla 3 kiai tenSo,**

**" brwyinvale fizikuri momzadeba, romelic aRemateba yavisferi qamris moTxovnebs.**

**jiu kumite: 20 raundi 2 wT-iani.**

**" Rvawli saerTaSoriso kiokuSin karates organizaciaSi (iaponiis kyokuSin karates kavSiri)**

**" unda gqondeT umcrosi msajis oficialuri serTifikati, miRebuli oficialur seminarze (SeuZliaT nac. turnirebSi muSaoba)**

**" unda gqondeT instruqtoris serTifikati, miRebuli oficialurad seminarze daswrebisa da gamocdis Cabarebis Sedegad.**

**" ar unda iyoT 17 welze naklebi wlovanebis.**

**Savi qamari, 3 dani, wodeba `sensei~,**

**momzadebis vada 3 weli.**

**kata: seienCin. 5 kiai 30 Tvl.**

**jiu kumite: 60 wami. 30 raundi.**

**" unda gqondeT msajis oficialuri serTifikati, miRebuli seminarze monawileobisa da gamocdis Cabarebis Semdeg. (SegiZliaT imuSaoT saerTaSoriso Sejibrebeze)**

**" gamocda unda Caabaros `honbudan~ daniSnul oficialur warmomadgenels.**

**" unda iyos saCvenebeli moqalaqe da hqondes Canaweri, romelic amtkicebs mniSvnelovan Rvawls IK-Si.**

**" unda gqondeT sarekomendacio werili I.K-s ufrosi mrCevlisa gamocdis Casabareblad.**

**" ar unda iyoT 20 welze naklebi wlovanebis.**

**Savi qamari, 4 dani, wodeba `sensei~**

**momzadebis vada 4 weli**

**moTxovnebi:**

**kata: suSiho da kanku. (5-5 kiai) 50 Tvl.**

**jiu kumite: 60 wami. 40 raundi.**

**" unda gqondeT miRebuli umcrosi referis diplomi, oficialuri seminaris gavlisა da gamocdis Cabarebis Semdeg (umcros refers SeuZlia imuSaos nacionalur CempionatebSi).**

**გამოცდას აბარებთ სრულიად იაპონიის კიოკუსინ კარატეს კავსირის დადგენილების მიხედვით. და გაუვით პროპაგანდა და დანერგოთ ცხოვრებასი კიოკუსინ კარატეს იდეები საკუთარ ვეყანასი.**

**და დაესვროთ საერთაშორისო სემინარებსა და სეკრება ვარჯისებს კანკოს ხელმძღვანელებით, მინიმუმ 2-ჯერ.**

**არ და იყოთ 24 ველზე ნაკლები ვლოვანების.**

**სავი ვამარი, 5 დანი, ვოდება `სიხანი~,  
მომზადების ვადა 5 ველი**

**მოთხოვნები: და გგონდეთ მირებულები უმცროსი რეფერის დიპლომი, ოფიციური სემინარის ვავლისა და გამოცდის ვაბარების სემდეგ (რეფერს სეუზლია მოემსახურებს საერთაშორისო ჩემპიონატებს)**

საერთაშორისო ჩემპიონატებს)

**ვამრის ვარისხის ვაბარების პროგრამა.  
კიოკუსინკან კარატეს კლუბ,,სამურაის,,**

**დოჯოსი 2017 ვ.**

**10-9\* კიუ. ნარინჯისფერი ვამარი**

**( მომზადების ვადა 3,5 + 3,5 ტვე)  
მე-9\* კიუ ნარინჯისფერი ვამარი ლურჯი ვოლიტ**

**" კიჰონი (საბაზო ტეჰნიკა)**

1. **daCi kata (dgomebi)**

*heisoku daCi, musubi daCi, heiko daCi, fudo daCi, (Sizen daCi), uCi haCiCi daCi, sanCin daCi, zenkucu daCi, curuaSi daCi, kiba daCi. kokucu daCi\*, nekoaSi daCi\*, Siko daCi\* (45gradusiT da 90 gr.)*

2. **cuki (dartymebi xeliT).**

*seiken morote cuki (jodan, Cudan, gedan) seiken Cudan, seiken jodan, seiken gedan, cuki, seiken ago uCi, seiken kage cuki, seiken Sita cuki, xikites aucilebloba da mniSvneloba. □ hiji (empi) uCi, uraken gammen uCi, uraken saiu uCi, uraken xizo uCi, uraken mavaSi uCi, Suto\* ganmen uCi, Suto\* sakocu uCi, Suto\* sakocu uCikomi, Suto\* xizo uCi, Suto\* jodan uCi uCi, Suto ioko uCi\* (jodan, Cudan, gedan).*

3. **uke (xeliT dacvebi).**

*seiken: jodan uke, Cudan soto uke, Cudan uCi uke, gedan barai, uCi uke-gedan barai, jodan uke-gedan barai, \*Suto jodan uke, \*Cudan soto uke, \*Cudan uCi uke, \*gedan barai, \*uCi uke-gedan barai.*

4. **geri ( fexiskvra, fexiT dartymebi).**

*mae keagi, teisoku soto mavaSi geri, □ haisoku uCi mavaSi □ jodan geri, □ xiza geri, kin geri, mae geri, \*mavaSi geri, \*ioko geri, \*kansecu geri, \*uSiro geri, \*ioko keagi.*

5. **Tavisufali sunTqva nogare (sinkoku), □ kiais mniSvneloba. ido □ geiko (sabazo gadaadgileba)**

*Zenkucu daCiSi win da ukan, brunebi, kombinacia erTjeradi teqnikiT (cuki, geri, uke). \*kokucu daCi, □ nekoaSi-daCi\*; win da ukan gadaadgilebebi, triali.*

*mag: \*kokucu daCi + Cudan uCi*

*teqnkis gameoreba mag: zenkucu daCi + seiken oi cuki ni, zenkucu daCi + seiken Cud. sanbon cuki.*

2. **kata.**

*taikioku sono iCi da taikioku sono ni, sokugi taikioku sono iCi (fexis kata) taikioku sono san\*, sokugi □ taikioku sono ni\* da sokugi taikioku sono san\* fexis kata.*

*kondicia (fiz. momzadeba)*

*moqniloba (Camjdar mdgomareobaSi fexebi ganzea, TaviT vexebiT iataks).*

*azidvebi muStebze □ 25, □ 30\*, TiTebze \_ 5, □ 10\**

*axtomebi haerSi (Camjdar mdgomareobaSi) \_ 20, □ 30\**

*dgomi xelebze (partnioris daxmarebiT) \_ 20wm, □ □ 30\**

*presi \_ 20, □ □ 40\**

*naxtomSi (tobi geri) saxis simaRleze. " naxtomSi (tobi geri): Tavis simaRlidan 10sm-iT zeviT*

*dartymebi 2 wT mae keage, 2 wT kingeri. \*2 wT-Si mae geri Cudan, 2 wT jodan. fexebis monacvleobiT.*

**kumite (sparingi)**

1. **sambon kumite.**

**2. iakusoku (erTsvliani kombinacia) kumite:**

**blokebi Setevis winaaRmdeg:**

**xeli blokavs cuks, fexi blokavs cuks, xeli blokavs geris dartyomas, fexi blokavs fexiskvras (gers).**

**3. jiu kumite: 30wm (Tavisufali stilis orTabrZola). 4 brZola (raundi) და 5 \*brZola 30 wm.**

**Sefasebis kriteriumia: sakuTar Tavze კონტროლი, მზად yofna, napiri (zRvari)**

**werilobiTi gamocda. we terminologia da filosofia, romelic exeba am rangis dones.**

**am gamocdis Sinaarsi SesabamisobaSia honbus moTxovnebtan da akmayofilebs IKO- s.**

**qcevis wesebi: (reigi) darbazis etiketi, qcevis wesebi sazogadoebaSi, sityva osu-s**

**mniSvneloba, kiokuSin კარატეს მოკლე ისტორია, am stilis დამაარსებელი, axlandeli**

**xelmZRvaneli, simboloebi, kaligrafiuli gamosaxva, karate gi-s (dogis) tareba, dakecva,**

**qamris Sekvra, misalmebis formebi varjiSis dros, darbazis ficis gacnoba.kiokuSin**

**karates tradiciuli moTelva.**

**8-7\* kiu lurji qamari**

**(momzadebis vada 3,5+3,5 Tve)**

**7\* lurji qamari yviTeli zoliT**

**ZiriTadi teqniki ileTebi igivea rac TeTr da narinjisfer qamrebze, emateba Semdegi teqnika:**

**kihoni (sabazo teqnika)**

**1. daCi kata.**

**kake aSi - daCi**

**2. cuki (dartymebi xeliT)**

**tetcui: tetcui komi kami uCi, tetcui oroSi uCi, tetcui ioki uCi, tetcui xizo uCi.**

**nukite: \*ipon nukite, \*nihon nukite, \*ioinhon nukite.**

**Sotei\* - (jodan, Cudan, gedan)**

**3. uke:**

**morote-uke, mae mavaSi-uke, Suto-mavaSi-uke\*, osae-uke\*.**

**4. kokoi-ho (sunTqvis teqnika): ibuki sankai (nogare, giako nogare, ibuki), kime kiais mniSvneloba.**

**ido geiko:**

**kokucu daCi:** Suto mavaSi uke □ seiken giako cuki gadaadgilebebSi win da ukan,

□ **sanCin daCi:** gadaadgileba win da ukan, trialebi, kombinaciebi:

**mag:** sanCin daCi + seiken Cudan geako cuki. kiba daCi: gadaadgileba □ win da ukan. (m ae- koSa, uSiro koSa) trialebi.

**magaliTi:** kiba daCi jun cuki, tetcui.

**kombinacia** (dacva da Tavdasxma)

**mag:** zenkucu daCi + jodan \_ uke+ seiken Cudan geako cuki. kombinacia (cuki da geri)

**mag:** zenkucu daCi +mae geri+ seiken Cudan cuki.

**\*ren raku:** (gadabmuli moZraobebi)

**mae geri Cusoku-geaku cuki, seiken soto uke-gedan barai geaku cuki. sami nabiji win, Setrialeba da sami nabiji ukan.**

**kata.**

**pinan sono iCi da pinan sono ni\*, □ 1\* da 3\*□ tekioka ura (trialebSi)**

( sanCin kata vinc apirebs katebis Cemp. monawileobas)

**kondicia:**

**moqniloba (mxrebiT vexebiT iataks, fexebi ganzea gaSlili)**

**azidvebi muStebze.**

**Sextomebi maRla 40 jer (Camjdar mdgomareobidan)**

**dgomi xelebze (partnioris daxmarebiT) \_ 50 wm**

**RerZze mizidva-- 8**

**naxtomSi (tobi geri) Tavis simaRleze +15 sm**

**aWimvebi TiTebze: 3 TiTze xuTjer. 4 TiTze 10-jer, 5 TiTze 15-jer**

**presi \_ 45,□ 50\*.**

**joxze gadaxtomebi 6,□ 8\* jer.**

**xelebze dgomi da \*siaruli 5 metris manZilze.**

**dartymebi fexiT: ioko geri Cudan 2 wT. jodan 2 wT, mavaSi geri jodan 4 wT, gedan 2 wT.**

**kumite (sparingebi)**

**1. iakusoku kumite: □ uke-keaSi (bloki da kontrSeteva). mowinaaRmdegis Seteva, dablokva, kontrSeteva sxvadasxvanairi Setevis gamoyenebiT, blokiTa da kontrSetevebiT.□□□ muSaoba makevaraze:**

*mag: xeli, xeli, xeli, | xeli, xeli, fexi | xeli, fexi, xeli, | fexi, xeli, xeli, | xeli, fexi, fexi | fexi, fexi xeli, | fexi xeli, fexi, | fexi, fexi, fexi |*

**2. jiu kumite: 6 brZola (raundi) 60-wm და 7\* brZola 60 wm. Sefasebis kriteriumia: kamae, zRvari, siswrafe, Zala, amtanoba, blokebi da kontrblokebi.**

საქართველო  
საქართველო

**werilobiTi gamocda.**

**terminologia da filosofia, Sesabamisad am qamris doneze. am gamocdis Sinaarsi Seesabameba (iaponiis kiokuSin karates kavSiris moTxovnebs).**

**6 da 5 \* kiu yviTeli qamari**

**(momzadebis vada 3,5 Tve + 3,5 Tve)  
me-5 kiu yviTeli qamari mwvane zoliT**

**ZiriTadi teqniki ileTebia rac lurj qamarze, Semdegis damatebiT:  
teqnika**

**kihoni (sabazo teqnika)**

**1. xeliT dartymebi:**

საქართველო  
საქართველო

**hiji oroSi uCi, ura hiji, uSiro hiji, koken uCi, haito\* uCi, morote haito\* uCi.**

**2. uke. Hhiji uke (jodan, Cudan) koken uke (jodan, Cudan, gedan), haito\* uke (jodan, Cudan, gedan), juji\* uke (seikenebiTa da SutoebiT).**

**fexiT dartymebi: tobi xiza geri, tobi ioko geri, tobi mavaSi geri, tobi nidan geri, tobi mae geri da tobi\* kakato geri. uSiro\* mavaSi geri.**

**\*fexiT dacvebi: sune uke, teisoku soto mavaSi keage, haisoku uCi mavaSi keage. ido geiko:**

**a) keiten ido (wriuli)**

**mag: kiba daCi + keiten tetcui.**

**b) dako ido (45° kuTxე)**

**mag: 45° kiba daCi + daCi + gedan barai.**

**ren raku:**

**mae geri geako cuki, ioko geri geako cuki, mavaSi geri geako cuki, uSiro geri geako cuki.**

**kata.**

**pinan sono san, 1 gerino და 2\* gerino ura. pinan sono iCi ura\*.**

*( iancu kata, vinc apirebs katebis Cemp. monawileobas)*

**kondicia:**

**" moqniloba: igive moTxovnaa, rac aris lurj qamarze, mxolod teqnikis Sesrulebis gaumjobesebiT.**

**" muStebze awevebi \_ 55, □ 60\*.**

**" axtomebi maRla (Camjdar mdgomareobidan) muxlebis zeviT ataniT \_ 50.**

**" dgomi xelebze 50 wm-i. (partnioris daxmarebiT)**

**" mizidva RerZze \_ 10.**

**" dartyma (tobi geri) naxtomSi Tavze 20 sm-iT zeviT.**

**" aWimvebi TiTebze: or TiTze\* \_ 5, sam TiTze \_ 10\*, oTx TiTze \_ 20 da xuT TiTze \_ 25.**

**" presi \_ 55, □ 60\***

**" joxze gadaxtomebi \_ 10, 12\*.**

**" dartymebi: 3 wT \_ kakato geri (soto, uCi), 3 wT \_ ioko geri jodan, 2 wT \_ uSiro geri jodan ju kama eSi moZraobiT, 5 wT \_ uSiro mavaSi geri.**

**kumite (sparingi)**

**1. iakusoku kumite: uke kaeSi (bloki da kontrSeteva), mowinaaRmdegis Setevaze bloki, kontrSeteva mravalferovani SetevebiTa da blokebiT.**

**mag: xeli, xeli, xeli / xeli, xeli, fexi / xeli, fexi, xeli / fexi, xeli, xeli / xeli, fexi, fexi / fexi, fexi, xeli / fexi, xeli, fexi / fexi, fexi, fexi.**

**2. jiu kumite: 8 brZola (raundi) □ 60 wm □ da10\*\* brZola raundi 60 wm. .**

**Sefsebis kriteriumebia: kamae, kiai, siswrafe, Zala, amtanoba, blokebi da kontrSeteva.**

**werilobiTi gamocda:**

**terminologia da filosofia, romelic Seesabameba am qamris dones.**

**4 da 3\* kiu, mwvane qamari**

.....

*(momzadebis vada 6 Tve + 6 Tve)*  
*me-3 kiu: mwvane qamari yavisferi zoliT*

*ZiriTadi teqniki ileTebi igivea, rac TeTridan yviTeli qamris CaTvliT, Semdegi damatebebiT: teqnika*

*kihoni*

*1. dgomebi:*

*moro aSi daCi, kamaete\* daCi.*

*2. xeliT dartymebi: Sotei uCi (gedan, Cudan jodan. \*haiSu uCi, age cuki,*

*3. xeliT dacvebi (blokebi) : Sotei uke (gedan, Codan, jodan.) \*tenSo uke, Suto\* uke juji uke (gedan jodan), kake\* uke.*

*ido geiko.*

*ZiriTadi damuSaveba moZraobebisa kumite no kamaeSi: okuri-aSi, mumi aSi, koSa, oiaSi (sahari) ukan.*

*" \*ren raku: (gadabmuli moZraobebi)*

*mae geri - mavaSi geri - uSiro mavaSi geri - mae geri - mavaSi geri - uSiro mavaSi geri, oi Zuki, geaku Zuki.*

*kata:*

*pinan sono ion, 2 pinani ura\*, □ 3 gerino ura\*.*

*( saiha kata, vinc apirebs katebis Cemp. monawileobas)*

*kondicia:*

*moqniloba: (mjdomare pozaSi, fexebi ganze da mkerdi unda Seexos iataks).*

*muStebze awevebi \_ 65, 70\*.*

*axtomebi maRla (Camjdar mdgomareobidan) 55, 60\**

*dgomi xelebze 60 wm (partnioris daxmarebiT)*

*mizidva RerZze \_ 12.*

*dartyma (tobi geri) naxtomSi, Tavze 30sm-iT zeviT.*

*aWimvebi kokeniT 30. TiTebze: or TiTze \_ 10\*, sam TiTze \_ 20\*, oTx TiTze \_ 25 da xuT TiTze \_ 30.*

*\*joxze gadaxtomebi \_ 20.*

*\*8wT \_ mae kakato geri Cudan, 8wT \_ mavaSi geri jodan, ju kama eSi moZraobiT,*

*\*3wT \_ tobi mae geri, \*\*7wT \_ tobi kakato geri, \*\*7wT \_ uSiro mavaSi jodan. fudo (Sizen)*

*daCidan.*

*kumite (sparingebi)*

**1. iakusoku kumite: uke da uke-kaesi (bloki da kontrseteva), kumite-no-kamaesTan SerwymiT.**

**2. jiu kumite: 12 raundi 60 wm, 15\* raundi 60 wm.**

**Sefasebis kriteriumebia: kamae, kiai, siswrafe, Zala, amtanoba, blokebi da kontrseteva, ritmi, Sesabamisad (xelebiTa da fexebiT teqnika) kombinacia, gadaadgileba.**

*werilobiTi gamocda*

*terminologia da filosofia, Sesabamisi am qamris doneze.*

*2 da 1\* kiu, yavisferi qamari*

.....  
*(momzadebis vada 6 Tve + 12 Tve)*

*1\* kiu: yavisferi qamari Savi zoliT*

*ZiriTadi teqnikuri ileTebi igivea, rac TeTridan mwvane qamramde da + damatebiTi teqnik  
a*

*ido geiko.*

*kumite-no-kamaes daxvewa sxvadasxva mimarTulebiT.*

*kata.*

*" pinan sono san ura, ianci kata, 4\* pinani ura\*. pinan sono go.\*.*



**SeniSvnebi: \* - aRiniSneba damatebiTi varjiSebi da katebi maRal qamarze: (mag. 8-7\* kiu  
\_ze ekuTvnis 7 kius)**

**Savi qamrebi**

**bavSvebs 14 wlamde SeuZliaT miiRon So dani (1 dani) amasTan erTad maT ar SeuZliaT  
Caabaron □ (2 danze) 17 wlamde.**

**Savi qamari, 1 dani, wodeba `senpai~  
momzadebis vada 1 weli  
Savi qamari erTi oqrosferi zoliT.**

**moTxovnebi:**

**kihoni.**

**1. xeliT dartymebi: riutoken cuki, naka iubi, ipponken, oiaiubi ipponken, keiko uCi, toho  
uCi.**

**2. xeliT dacvebi: morote kake uke.**

**kata:**

**pinan sono go ura, cukino kata, saiha, iancu kata, sanCin kata. gekesai dai, gekesai So.**

**" giakuite (Tavdacva): specialuli seminaris gavla.**

**" brwyinvale fizikuri momzadeba, romelic aRemateba moTxovnebs yavisfer qamarze.**

*jiu kumite: 15 raundi 2 wT- iani.*

*" unda iyoT saukeTeso budoka (mebrZoli) da samagaliTo „kohavbisTvis,, (dabali rangis moswavleebisTvis)*

*" unda gadaixadoT Sesabamisi Sesatanebi saerTaSoriso karates organizaciaSi IK.*

*" unda iyoT aranakleb 15 wlis.*

*Savi qamari, 2 dani, wodeba `senpai~,*

*momzadebis vada 2 weli. moTxovnebi:*

*kata: seipai, gariu , □ 30 Tvla 3 kiai tenSo,*

*" brwyinvale fizikuri momzadeba, romelic aRemateba yavisferi qamris moTxovnebs.*

*jiu kumite:□ 20 raundi 2 wT-iani.*

*" Rvawli saerTaSoriso kiokuSin karates organizaciaSi□ (iaponiis kyokuSin karates kavSiri)*

*" unda gqondeT umcrosi msajis oficialuri serTifikati, miRebuli oficialur seminarze (SeuZliaT nac. turnirebSi muSaoba)*

*" unda gqondeT instruqtoris serTifikati, miRebuli oficialurad seminarze daswrebisa da gamocdis Cabarebis Sedegad.*

*" ar unda iyoT 17 welze naklebi wlovanebis.*

*Savi qamari, 3 dani, wodeba `sensei~,*

*momzadebis vada 3 weli.*

*kata: seienCin. 5 kiai 30 Tvl.*

*jiu kumite: 60 wami. 30 raundi.*

*" unda gqondeT msajis oficialuri serTifikati, miRebuli seminarze monawileobisa da gamocdis Cabarebis Semdeg. (SegiZliaT imuSaoT saerTaSoriso Sejibrebebeze)*

*" gamocda unda Caabaros `honbudan~ daniSnul oficialur warmomadgenels.*

*" unda iyos saCvenebeli moqalaqe da hqondes Canaweri, romelic amtkicebs mniSvnelovan Rvawls IK-Si.*

*" unda gqondeT sarekomendacio werili I.K-s ufrosi mrCevlisa gamocdis Casabareblad.*

*" ar unda iyoT 20 welze naklebi wlovanebis.*

*Savi qamari, 4 dani, wodeba `sensei~*

*momzadebis vada 4 weli*

*moTxovnebi:*

*kata: suSiho da kanku. (5-5 kiai) 50 Tvl.*

*jiu kumite: 60 wami. 40 raundi.*

*" unda gqondeT miRebuli umcrosi referis diplomi, oficialuri seminaris gavlisa da gamocdis Cabarebis Semdeg (umcros refers SeuZlia imuSaos nacionalur CempionatebSi).*

*gamocdas abarebT sruliad iaponiis kiokuSin karates kavSiris dadgenilebis mixedviT. unda gauwioT propaganda da danergoT cxovrebaSi kiokuSin karates ideebi sakuTar qveyanaSi.*

*unda daeswroT saerTaSoriso seminarebsa da Sekreba varjiSebs kanCos xelmZRvanelobiT, minimum 2-jer.*

*ar unda iyoT 24 welze naklebi wlovanebis.*

*Savi qamari, 5 dani, wodeba `Sihani~,*

*momzadebis vada 5 weli*

*moTxovnebi: unda gqondeT miRebuli umcrosi referis diplomi, oficialuri seminaris gavlisa da gamocdis Cabarebis Semdeg (refers SeuZlia moemsaxuros saerTaSoriso Cempionatebs)*