

## Scuola Chuong Quan Khi Dao Italia

Programma Tecnico Gradi Bambini,

dai 6 ai 13 anni

	<b>1 cap rosso</b>	<b>2 cap rosso</b>	<b>3 cap rosso</b>	<b>4 cap rosso</b>	<b>c.viola</b>	<b>c.v. 1 cap bianco</b>	<b>c.v. 2 cap bianco</b>
<b>BASI</b>	Saluto cerimoniale <ul style="list-style-type: none"> <li>• in piedi</li> <li>• in ginocchio</li> </ul>	Than Xa Don Giap (caduta pesante - serpente)	Linh Mieu Bang Dia (caduta - gatto)	Xa Luan (ruota)	Cap Ma Cong (tuffo avanti, approccio all'equilibrio sulle mani)	Xa Luan Cuoc (ruota)	-----
<b>BO PHAP</b>	Lap Tan, Lien Hoa Tan, Trung Binh Tan, Dinh Tan, Tieu Tan	Hac Tan, Am Duong Tan	Xa Tan, Quy Tan, Ho Diep Tan	Nhi Tan, Chao Ma Tan	-----	-----	-----
<b>THAN PHAP</b>	Xa Hanh + Sau Quay, Thiem Thu Qua Hai	Chuyen Than + Quay, Di Anh	Phi Tau Ma	Dao Than	Hoanh Than	-----	-----
<b>BO THOI SON</b>	Thoi Son, Di Son, Thoi Son Ta Chi, Thoi Son Ban Ha, Thoi Son Kim Bao	Loi Cong Ha Quyen	Than Thong Thuong Quyen	Thoi Son Huu Duc, Thoi Son Ung Trao, Cuong Dao Kai Mon	Thoi Son Thuong Than, Am Duong Quyen, Giao Long Khac Quyen	Thoi Son Cu Boi, Phuong Duc Kim Chuong, Am Duong Ha Triet, Cuong Dao Khai Vi	Thoi Son Con Cau, Thoi Son Thuy De, Thoi Son Khac Thu, Giao Long Xung Quyen
<b>BO CUOC PHAP</b>	Long Thang Cuoc, Dao Son Cuoc, Truc Cuoc, Hoanh Cuoc	Song Cuoc, Tao Phong Cuoc	Hau Cuoc, Thang Thien Truc Cuoc	Ban Long Cuoc, Tao Dia Cuoc	Thang Thien Ban Long Cuoc, Phuc Ho Tao Duong	Luu Van Cuoc	Tuyen Phong Cuoc, Thang Thien Hau Cuoc
<b>BO CUNG THU (solo parata)</b>	Thoi Son Ban Ha, Thoi Son Kim Bao	Loi Cong Ha Quyen	Than Thong Thuong Quyen	Cuong Dao Khai Mon, Phuong Duc Bat Ho	Thoi Son Thuong Thuan, Giao Long Khac Quyen	-----	-----
<b>CUNG THU PHAN BIEN (progressione)</b>	Thoi Son Ban Ha, Thoi Son Kim Bao	Loi Cong Ha Quyen	Than Thong Thuong Quyen	Cuong Dao Khai Mon, Phuong Duc Bat Ho	Thoi Son Thuong Thuan, Giao Long Khac Quyen	-----	-----
<b>QUYEN</b>	Bo Phap Mot	Dang Mon Quyen	Thu Phap Quyen	That Bo Tan Quyen	Quan Ky Mot sx (1 parte)	Quan Ky Mot sx (2 parte)	Quan Ky Mot dx
<b>Quyen / Doc Luyen (a discrezione)</b>	Bo Lin Mot	Than Phap Doc Luyen			Thoi Son Doc Luyen Ha Cap		
<b>The Doi Luyen (a discrezione)</b>					Tecniche dei 5 passi		Tecniche dei 3 passi
<b>Song Dau (a discrezione)</b>	Thoi Son Song Luyen Ha Cap						