

FREESTYLE KICKBOXING INTERMEDIARI

| Sala: | | | | | | | | | | Instructor: | | | | | |
|---------------------------------------|---------|--------------|----------------|---------|---------|-----------|----------|--------|-------|-------------|-----------|-----|------|------|------------|
| Numere: | | | | | | | | | | | | | | | |
| Grad | Pozitii | Lov. de pumn | Lov. de picior | Blocaje | Eschive | Deplasari | Sparring | Teorie | Forta | Combinatii | Aplicatii | Sac | NOTA | Data | Nr diploma |
| 6 Kyu PORTO - CALIU + VERDE | | | | | | | | | | | | | | | |
| 5 Kyu VERDE | | | | | | | | | | | | | | | |
| 4 Kyu MOV | | | | | | | | | | | | | | | |
| 3 Kyu ALBAS-TRU | | | | | | | | | | | | | | | |
| Observatii | | | | | | | | | | | | | | | |

