



SONG LUYEN – tehnică cu partener



CATEGORIA	1 CAP	2 CAP	3 CAP	4 CAP	C.N.	1 DANG	2 DANG	3 DANG	4 DANG
THE DOI LUYEN - 5 pasi	1, 2, 3, 4, 5								
THE DOI LUYEN - 3 pasi		1, 2, 3, 4, 5							
THE DOI LUYEN - 1 pas			1, 2, 3, 4, 5	6, 7, 8, 9, 10					
TU TRU SONG LUYEN			1, 2	3, 4					
NHAT THU NHAT CONG						Mot, Hai, Ba	Bon, Nam		
LIEN THU LIEN CONG						Mot, Hai, Ba	Bon, Nam		
VI THU KHAI CONG						Mot, Hai, Ba	Bon, Nam		
KHOA GO - fixe	1, 2, 3	4, 5							
KHOA GO - mobile			1, 2, 3, 4, 5						
CAM NA	1, 2	3, 4	5, 6	7, 8	9, 10				
CAM NA - 1 Dang						1, 2, 3, 4, 5			
CAM NA - 3 Dang								1, 2, 3, 4, 5	
CAM NA - cu 2 adversari								1, 2, 3, 4	
QUAT sau VAT	1, 2, 3	4, 5	6, 7	8, 9	10, 11				
TAO DIA CUOC	1, 2	3	4, 5	6, 7, 8	9, 10				
GIAO LONG CUOC	1	2, 3	4, 5						
GIAO LONG CUOC - la nivelul gatului				1, 2	3,4	5			
GIAO LONG CUOC - in combinatie de lupta						1, 2, 3, 4, 5			
CAM NA CUU DAO - nivel jos						1, 2	3		
CAM NA CUU DAO - nivel mediu						1, 2	3		
CAM NA CUU DAO - nivel sus						1, 2	3		
CAM NA CUU DAO - atacuri multiple								1, 2, 3, 4, 5	
PHIEN LUAN DUNG TUC						toate 15			
SA BAO HANH CONG				4	4	4	4		



TU VE	1 CAP	2 CAP	3 CAP	4 CAP	C.N.	1 DANG	2 DANG	3 DANG	4 DANG
de incheieturi din fata	1, 2	3							
de vo phuc cu 1 mana	1		2, 3						
de vo phuc cu 2 maini		1, 2	3						
de gat	1	2	3						
de par	1		2	3					
de corp	1	2, 3							
dublu Nelson			1	2, 3					
de brate de la spate				1, 2, 3					
atacuri de palme				1, 2, 3, 4, 5					
intrarilor in proiectie					1, 2, 3				
prinderi la sol					1, 2, 3				