

2025/2026 O'QUV YILI UCHUN **KARATE WKF** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

1. Ukemi: (yiqilishlar, o'z o'zini ehtiyotlash)

Izoh: yiqilishlarni bajarish orqali maksimal **18.6 ball** qo'yiladi. Yiqilishlar texnik jihatdan to'g'ri bajarilishi kerak. Beldan oldin qo'l kafti bilab tatamiga zarb bilan urish, bosh ko'krak qafasiga tortilib, boshni chayqatmaslik lozim. Agarda texnika bajarilmasa jarima ball sifatida olib tashlanadi.

Jarima ballari:

Oldinga o'nga yiqilish **3.1 ball**
Oldinga chapga yiqilish **3.1 ball**
Oldinga to'g'riga yiqilish **3.1 ball**
Orqaga to'g'riga yiqilish **3.1 ball**
Orqaga o'nga yiqilish **3.1 ball**
Orqaga chapga yiqilish **3.1 ball**

2. Kihon:

Izoh: Kihon xarakatlarini bajarish orqali maksimal **18.6 ball** qo'yiladi. Kihon texnik jihatdan to'g'ri bajarilishi kerak. Zarbalar aniq va kuch bilab bajariladi, oyoq va qo'l harakatlarining ketma-ketligi buzulmasligi lozim. Agarda texnika bajarilmasa jarima ball sifatida olib tashlanadi.

Jarima ballari:

- 1) Dzenkutsu-dachi sanbon-dzuki, 270° aylanib dzenkutsu-dachi oya-dzuki dzodan 180° aylanib dzenkutsu-dachi tetsuyi giyako-dzuki chudan 180° aylanib dzenkutsu-dach mavashi-geriy gedonbaray giyako-dzuki **4.6 ball**
- 2) Kizami dzuki suri ashi giyako dzuki suri ashi **3.5**
- 3) Dzenkutsu-dachi soto-uke kibo-dachi Empi-uchi uraken ushiro-ashi kokutsu-dachi shuto uke maya-ashi mayageri dzenkutsu-dachi nukite. **3.5 ball**
- 4) Oyad-dzuki giako- dzuki maya-geri gedan baray giyako dzuki **3.5 ball**
- 5) Dzenkutsu-dach Sambon-dzyuki ushira-ashi age-uke tate urake giyako-dzuki gidanbaray **(3.5.ball)**

3. Kata: Ganka-ku, Sochin katasini texnik jihatdan to'g'ri bajarish orqali maksimal **18.6 ball** qo'yiladi.

Jarima ballari:

Balans (muvozanat saqlashning buzulishi) **4.6 ball**
Katanning harakatlarining ketma-ketligini buzulishi **3.5 ball**
Atletik holati, kataning kuch bilan bajarilishi **3.5 ball**
Katani bajarish jarayonida to'g'ri nafas olish **3.5 ball**
Ruyuha: Yo'nalishga oidligi (Ganka-ku, Sochin, Chinto) **3.5 ball**

4. Dzyu ipon kumite: maksimal 18.6 ball

Izoh: zarbaga faqatgina iponga teng bo'lgan qarshi xujum harakatlari ishlatilishi lozim.

Qarshi xujum harakatlari turli xil bo'lishi shart.

Jarima ballari:

1. Oya-dzuki dzodan **6.2 ball**
2. Maya-geri chudan **6.2 ball**
3. Mavashe-geri dzodan **6.2 ball**

Kumite: maksimal 18.6 ball

Izoh : 15 sekund ichida birinch olingan baho hisoblanadi. Kumitechining maxsus kiyimlari bo'lishi shart. Protektor, futa, shingalka va kapa

Ippon- g'alabasi uchun **18.6 ball** qo'yiladi
Wazari- g'alabasi uchun **13.6 ball** qo'yiladi
Yuko g'alabasi uchun **8.6 ball** qo'yiladi
During (ikki ishtirokchi tomonidan baho qo'lga kiritilmasa) **3.6 ball**
Mag'lubiyat **0 ball**

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(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)**

Erkaklar uchun

1. 30 m. ga yugurish (sek.)

Ballar	Vazn toifasi		
	55-60 kg.	67-75 kg.	84-84+kg.
21	4.00	4.10	4.30
19	4.01-4.10	4.11 – 4.20	4.31-4.40
17	4.11-4.20	4.21- 4.30	4.41-4.50
13	4.21-4.30	4.31-4.40	4.51-4.60
9	4.31-4.40	4.41-4.50	4.61-4.70
6	4.41-4.50	4.51-4.60	4.71-4.80
0	4.51	4.61	4.81

Izoh: yuqori starda yuguriladi.

2. Joydan turib uzunlikka sakrash (sm.)

Ballar	Vazn toifasi		
	55-60 kg.	67-75 kg.	84-84+kg.
21	260	255	250
19	250-259	245-254	240-249
17	240-249	235-244	230-239
13	230-239	225-234	220-229
9	220-229	215-224	210-219
6	210-219	205-214	200-209
0	209	204	199

**3. Gimnastik devorda oyoqlarni ko'tarib tushurish (90° da tizzalarni bukmasdan)
(marta)**

Ballar	Vazn toifasi		
	55-60 kg.	67-75 kg.	84-84+kg.
21	45	43	41
19	42	40	38
17	39	37	35
13	36	34	32
9	33	31	29
6	30	28	26
0	29	27	25

Ayollar uchun

1. 30 m. ga yugurish (sek.)

Ballar	Vazn toifasi		
	50-55 kg.	61-68 kg.	68+ kg.
21	4.60	4.70	4.80
19	4.61-4.70	4.71-4.80	4.81-4.90
17	4.71-4.80	4.81-4.90	4.91-5.00
13	4.81-4.90	4.91-5.00	5.01-5.10

9	4.91-5.00	5.01-5.10	5.11-5.20
6	5.01-5.10	5.11-5.20	5.21-5.30
0	5.11	5.21	5.31

Izoh: yuqori starda yuguriladi.

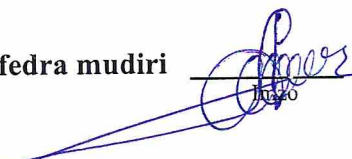
2. Joydan turib uzunlikka sakrash (sm.)

Ballar	Vazn toifasi		
	50-55 kg.	61-68 kg.	68+ kg.
21	220	215	212
19	219-214	214-210	211-206
17	213-208	209-204	205-200
13	207-202	203-198	199-194
9	201-196	197-192	193-188
6	195-190	191-186	187-182
0	189	185	181

3. Gimnastik devorda oyoqlarni ko'tarib tushurish (90° da tizzalarni bukmasdan) (marta)

Ballar	Vazn toifasi		
	50-55 kg.	61-68 kg.	68+ kg.
21	40	38	36
19	37	35	34
17	34	33	32
13	32	31	30
9	30	29	28
6	28	27	26
0	27	26	25

Kafedra mudiri

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