

2026/2027 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 harakatlarini 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**
- Kataning 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 hujum harakatlari ishlatilishi lozim.  
Qarshi hujum 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 (se.)
2. 30 m. ga yugurish (se.)

Ballar	Vazn toxfasi		
	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 toxfasi		
	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 toxfasi		
	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 (se.)**

Ballar	Vazn toxfasi		
	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 toxfasi		
	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 toxfasi		
	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

Imzo

F.I.Sh