



## Exameneisen 6<sup>e</sup> kyu – oranje band / groene slip

### KIHON (4 onderdelen)

#### 1. TSUKI WAZA (stoottechnieken) 5x

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|----|---|------------------------|
| 1. | → | Z.K.D. Oi Tsuki Jodan  |
| 2. | → | Z.K.D. Oi Tsuki Chudan |
| 3. | → | Z.K.D. Oi Tsuki Gedan  |
| 4. | → | Z.K.D. Sanbon Tsuki    |
| 5. | → | Z.K.D. Ura Tsuki       |
| 6. | → | Z.K.D. Tate Tsuki      |

#### 2. UKE WAZA (afweertechneken) 5x

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|----|----|----------------------------------|
| 1. | ←→ | Z.K.D. Age Uke * Gyaku Tsuki     |
| 2. | ←→ | Z.K.D. Soto Uke * Gyaku Tsuki    |
| 3. | ←→ | Z.K.D. Uchi Uke * Gyaku Tsuki    |
| 4. | ←→ | Z.K.D. Gedan Barai * Gyaku Tsuki |
| 5. | ←→ | K.K.D. Shuto Uke * Gyaku Nukite  |
| 6. | →  | Z.K.D. Age Uke * Soto Uke        |
| 7. | →  | Z.K.D. Gedan Kake Uke            |
| 8. | →  | Z.K.D. Otoshi Uraken Uchi        |

#### 3. GERI WAZA (traptechnieken) 5x

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|----|---|-------------------------|
| 1. | → | Z.K.D. Mae Geri         |
| 2. | → | Z.K.D. Mawashi Geri     |
| 3. | → | Z.K.D. Yoko Geri Kekomi |

#### 4. YOKO GERI WAZA (zijwaartse traptechnieken) 3x

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|----|---|-------------------------|
| 1. | → | K.B.D. Yoko Geri Keage  |
| 2. | → | K.B.D. Yoko Geri Kekomi |

### KATA (2 KATA)

Heian Nidan

Heian Sandan (vorm op tel)

### KUMITE (2 onderdelen)

#### 1. IPPON KUMITE (Blokking en tegenaanval vrij)

Aanval: Oi Tsuki Jodan, Oi Tsuki Chudan, Mae Geri, Mawashi Geri

#### 2. JIYU KUMITE

2 partijen van 2 minuten

