



## Exameneisen 5<sup>e</sup> kyu - groene band / blauwe slip

### KIHON (5 onderdelen)

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

- |    |   |        |                                     |
|----|---|--------|-------------------------------------|
| 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. | Oi Tsuki Jodan * Gyaku Tsuki Chudan |

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

- |    |    |               |                              |
|----|----|---------------|------------------------------|
| 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. K.B.D. | Soto Uke * Yoko Empi         |
| 7. | →  | Z.K.D.        | Gedan Kake Uke * Gyaku Tsuki |

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

- |    |   |                         |
|----|---|-------------------------|
| 1. | → | Z.K.D. Mae Geri         |
| 2. | → | Z.K.D. Mawashi Geri     |
| 3. | → | Z.K.D. Yoko Geri Kekomi |
| 4. | → | Z.K.D. Ushiro Geri      |

#### 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 |

#### 5. RENZOKU WAZA (combinatietechnieken) 3x

- |    |   |   |
|----|---|---|
| 1. | → | Mawashi Geri * Yoko Uraken Uchi * Gyaku Tsuki |
| 2. | → | Mae Geri * Tsuki Chudan * Gyaku Tsuki Chudan  |

### KATA (2 KATA)

Heian Sandan

Heian Yondan (vorm op tel)

### KUMITE (2 onderdelen)

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

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

#### 2. JIYU KUMITE

2 partijen van 2 minuten

