



Exameneisen 4^e kyu - blauwe band / bruine slip

KIHON (5 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 |

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. | ← | K.K.D. | Shuto Uke * Gyaku Nukite |

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. | → | 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

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|----|---|------------------------------|---|------------------------|
| 1. | → | Oi Tsuki Jodan * Gyaku Tsuki | ← | Age Uke * Soto Uke |
| 2. | → | Mae Geri * Tsuki Chudan | ← | Gedan Barai * Uchi Uke |

KATA (2 KATA)

Heian Yondan
Heian Godan

IPPON KUMITE (Blokkering en tegenaanval vrij)

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

BUNKAI

De eerste twee combinaties uit Kata Heian Nidan

2. JIYU KUMITE

2 partijen van 2 minuten

