



Exameneisen 4^e kyu - blauwe band

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 |
| 5. | → | Z.K.D. | Oi Tsuki Jodan * Gyaku Tsuki Chudan |

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

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. | → | Mawashi Geri * Yoko Uraken Uchi * Gyaku Tsuki |
| 2. | → | Mae Geri * Tsuki Chudan * Gyaku Tsuki Chudan |
| 3. | → | Mawashi Geri * Shuto Uchi Jodan * Gyaku Tsuki |
| 4. | → | Shuto Uke * Kizami Mae Geri * Gyaku Nukite |

KATA (2 KATA)

Heian Sandan en Heian Yondan

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

