



Exameneisen 7^e kyu – gele band

KIHON (4 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 |

2. UKE WAZA (afweertechneken) 5x

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|----|---|--------------------|
| 1. | → | Z.K.D. Age Uke |
| 2. | → | Z.K.D. Soto Uke |
| 3. | → | Z.K.D. Uchi Uke |
| 4. | → | Z.K.D. Gedan Barai |
| 5. | → | K.K.D. Shuto Uke |

3. GERI WAZA (traptechnieken) 5x

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

4. YOKO GERI WAZA (zijwaartse traptechnieken) 3x

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|----|---|---------------------------|
| 1. | ■ | H.C.D. Yoko Geri Fumikomi |
| 2. | → | K.B.D. Yoko Geri Keage |

KATA (1 KATA)

Heian Shodan

KUMITE (2 onderdelen)

1. IPPON KUMITE

Aanval:	Blokkering:	Tegenaanval:
Oi Tsuki Jodan	Age Uke	Gyaku Tsuki
Oi Tsuki Chudan	Soto Uke	Gyaku Tsuki
Mae Geri	Gedan Barai	Gyaku Tsuki

2. JIYU KUMITE

2 partijen van 1 minuut

