



Exameneisen

5e kyu - groene band

Zie voorgaande exameneisen + aanvullend

KIHON

01.	→	Z.K.D.	Jodan Tate Empi
02.	→	Z.K.D.	Shuto Uchi Jodan
03.	→	Z.K.D.	Tate Zuki
04.	→	Z.K.D.	Otoshi Uraken Uchi
05.	→	Z.K.D.	Mae Geri * Kizami Zuki * Gyaku Zuki
06.	→ ←	Z.K.D.	Uchi Uke * Kizami Zuki * Gyaku Zuki
07.	→ ←	Z.K.D./K.B.D.	Soto Uke * Yoko Empi Uchi
08.	→	Z.K.D.	Jodan Nihon Nukite
09.	→	Z.K.D.	Mae Geri * Mawashi Geri
10.	→	K.B.D.	Yoko Geri Kekomi

KATA

Heian Sandan

KUMITE

Jiyu Ippon Kumite

Oi Zuki Jodan

tegenaanval vrij

Oi Zuki Chudan

tegenaanval vrij

Mae Geri

tegenaanval vrij

Mawashi Geri

tegenaanval vrij

Jiyu Kumite

3 partijen van 2 minuten

STANDEN

Zenkutsu Dachi

(Z.K.D.)

Kokutsu Dachi

(K.K.D.)

Kiba Dachi

(K.B.D.)

Hachi Dachi

(H.C.D.)

