



Exameneisen

6e kyu - oranje band / groene slip

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 |

KATA

Heian Sandan (vorm)

KUMITE

Jiyu Ippon Kumite

Oi Zuki Jodan tegenaanval vrij

Oi Zuki Chudan tegenaanval vrij

Mae 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.)

