



## Exameneisen

### 7e kyu - gele band

#### KIHON

01.	→	Z.K.D.	Oi Zuki Jodan
02.	→	Z.K.D.	Oi Zuki Chudan
03.	→	Z.K.D.	Oi Zuki Gedan
04.	→	Z.K.D.	Sanbon Zuki
05.	→	Z.K.D.	Age Uke
06.	→	Z.K.D.	Uchi Uke
07.	→	Z.K.D.	Soto Uke
08.	→	Z.K.D.	Gedan Barai
09.	→	Z.K.D.	Tetsui Uchi
10.	→	K.K.D.	Shuto Uke
11.	→	Z.K.D.	Mae Geri
12.	→	Z.K.D.	Nukite
13.	■	H.C.D.	Yoko Geri Fumikomi

#### KATA

Heian Shodan

#### KUMITE

Kihon Ippon Kumite

#### Aanval:

Oi Zuki Jodan  
 Oi Zuki Chudan  
 Mae Geri

#### Blokkering:

Age Uke  
 Soto Uke  
 Gedan Barai

#### Tegenaanval:

Gyaku Zuki  
 Gyaku Zuki  
 Gyaku Zuki

#### STANDEN

Zenkutsu Dachi ( Z.K.D. )  
 Kokutsu Dachi ( K.K.D. )  
 Hachi Dachi ( H.C.D. )

