



Exameneisen

8e kyu - witte band / streep drie

KIHON

01.	→	Z.K.D.	Oi Zuki Jodan
02.	→	Z.K.D.	Oi Zuki Chudan
03.	→	Z.K.D.	Sanbon Zuki
04.	→	Z.K.D.	Age Uke
05.	→	Z.K.D.	Soto Uke
06.	→	Z.K.D.	Uchi Uke
07.	→	Z.K.D.	Gedan Barai
08.	→	Z.K.D.	Mae Geri
09.	→	Z.K.D.	Tetsui Uchi
10.	→	K.K.D.	Shuto Uke

KATA

Heian Shodan (vorm op tel)

KUMITE

Ippon Kumite

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

STANDEN

Zenkutsu Dachi	(Z.K.D.)
Kokutsu Dachi	(K.K.D.)

