



Exameneisen

8e kyu - witte band / streep één

KIHON

- | | | | |
|-----|---|--------|----------------|
| 01. | → | Z.K.D. | Oi Zuki Jodan |
| 02. | → | Z.K.D. | Oi Zuki Chudan |
| 03. | → | Z.K.D. | Age Uke |
| 04. | → | Z.K.D. | Soto Uke |
| 05. | → | Z.K.D. | Gedan Barai |
| 06. | → | Z.K.D. | Mae Geri |

KATA

Taikyoku Shodan (vorm op tel)

KUMITE

Ippon Kumite

Aanval:	Blokkering:	Tegenaanval:
Oi Zuki Jodan	Age Uke	Gyaku Zuki
Oi Zuki Chudan	Soto Uke	Gyaku Zuki

STANDEN

Zenkutsu Dachi (Z.K.D.)

