



Exameneisen

8e kyu - witte band / streep twee

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.	Uchi Uke
06.	→	Z.K.D.	Gedan Barai
07.	→	Z.K.D.	Mae Geri
08.	→	Z.K.D.	Tetsui Uchi

KATA

Taikyoku Shodan

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.)

