



## Exameneisen 2<sup>e</sup> kyu - bruine band

### KIHON (5 onderdelen)

#### 1. TSUKI WAZA (stoottechnieken) 5x

- |    |   |        |                 |
|----|---|--------|-----------------|
| 1. | → | Z.K.D. | Oi Tsuki Jodan  |
| 2. | → | Z.K.D. | Oi Tsuki Chudan |
| 3. | → | Z.K.D. | Oi Tsuki Gedan  |
| 4. | → | Z.K.D. | Sanbon Tsuki    |

#### 2. UKE WAZA (afweertechneken) 5x

- |    |   |        |                          |
|----|---|--------|--------------------------|
| 1. | → | Z.K.D. | Age Uke * Gyaku Tsuki    |
| 2. | ← | Z.K.D. | Soto Uke * Gyaku Tsuki   |
| 3. | → | Z.K.D. | Uchi Uke * Gyaku Tsuki   |
| 4. | ← | K.K.D. | Shuto Uke * Gyaku Nukite |

#### 3. GERI WAZA (traptechnieken) 5x

- |    |   |                         |
|----|---|-------------------------|
| 1. | → | Z.K.D. Mae Geri         |
| 2. | → | Z.K.D. Mawashi Geri     |
| 3. | → | Z.K.D. Yoko Geri Kekomi |
| 4. | → | Z.K.D. Ushiro Geri      |

#### 4. YOKO GERI WAZA (zijwaartse traptechnieken) 3x

- |    |   |                         |
|----|---|-------------------------|
| 1. | → | K.B.D. Yoko Geri Keage  |
| 2. | → | K.B.D. Yoko Geri Kekomi |

#### 5. RENZOKU WAZA (combinatietechnieken) 3x

- |    |   |                              |   |                        |   |               |
|----|---|------------------------------|---|------------------------|---|---------------|
| 1. | → | Oi Tsuki Jodan * Gyaku Tsuki | ← | Age Uke * Soto Uke     | → | Mwashi Geri * |
|    |   | Yoko Uraken * Gyaku Tsuki    |   |                        |   |               |
| 2. | → | Mae Geri * Tsuki Chudan      | ← | Gedan Barai * Uchi Uke | → | Ushiro Geri * |
|    |   | Yoko Uraken * Gyaku Tsuki    |   |                        |   |               |

### KATA (3 KATA)

Heian 1 t/m 5 (één Heian naar keuze kandidaat)

Tekki Shodan

Bassai Dai

### IPPON KUMITE ( Blokkering en tegenaanval vrij )

Aanval: Oi Tsuki Jodan, Oi Tsuki Chudan, Mae Geri, Mawashi Geri

### BUNKAI

De eerste zes combinaties uit Kata Heian Nidan

### 2. JIYU KUMITE

2 partijen van 2 minuten

