



Exameneisen 3^e kyu - bruine band

KIHON (5 onderdelen)

1. TSUKI WAZA (stoottechnieken) 5x

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|----|---|--------|-----------------|
| 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

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|----|---|--------|--------------------------|
| 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

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|----|---|-------------------------|
| 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

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

5. RENZOKU WAZA (combinatietechnieken) 3x

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|----|---|------------------------------|--------------------------|----------------|
| 1. | ➔ | Oi Tsuki Jodan * Gyaku Tsuki | ← Age Uke * Soto Uke | ➔ Mwashhi Geri |
| 2. | ➔ | Mae Geri * Tsuki Chudan | ← Gedan Barai * Uchi Uke | ➔ Ushiro Geri |

KATA (2 KATA)

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

IPPON KUMITE (Blokkering en tegenaanval vrij)

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

BUNKAI

De eerste vier combinaties uit Kata Heian Nidan

2. JIYU KUMITE

2 partijen van 2 minuten

