

Examenprogramma 8 st Kyu

WIT (met zwart streepje)

STANDEN

Hachiji Dachi
Zenkutsu Dachi
Kokutsu Dachi

KIHON

Zenkutsu-dachi - Gedan-barai

- Oi-tsuki
- Gyaku-tsuki
- Gedan-barai

Kokutsu-dachi - Shuto-uke

Zenkutsu-dachi Gamae (gevechtshouding)

- Mae-geri
- Mawashi-geri

Kiba-dachi Gamae

- Yoko-geri Keage

KUMITE

Gohon Kumite

Tori (Aanvaller)

- Oi Tsuki Jodan
- Oi Tsuki Chudan
- Mae-geri Chudan

Uke (Verdediger)

- Age-uke na 5 de maal met Gyaku-tsuki
- Soto-uke na 5 de maal met Gyaku-tsuki
- Gedan-barai na 5 de maal Gyaku-tsuki

KATA

Heian Shodan

Aandachtspunten

Commando's begrijpen
Kihon op het oog gelijk kunnen uitvoeren

Examenprogramma 7 e Kyu

GEEL

STANDEN

Kiba-dachi
Musubu-dachi

KIHON

Zenkutsu-dachi - Gedan-barai

- Oi-tsuki
- Gyaku-tsuki
- Age-uke / Gyaku-tsuki
- Soto-uke / Gyaku-tsuki
- Uche-uke / Gyaku-tsuki

Kokutsu-dachi - Shuto-uke

Zenkutsu-dachi Gamae

- Mae-geri
- Mawashi-geri

Kiba-dachi Gamae

- Yoko-geri Keage
- Yoko-geri Kekomi

KUMITE

Sanbon Kumite 1 & 2

Nrs. 1 & 2

- Tori (Aanvaller)

- Oi Tsuki Jodan
- Oi Tsuki Chudan
- Mae-geri Chudan

Nr.1

- Uke (Verdediger)

- Age-uke
- Soto-uke
- Gedan-barai / Gyaku-tsuki

Nr.2

- Uke (Verdediger)

- Age-uke
- Uche-uke
- Gyaku-gedan-barai / Gyaku-tsuki

KATA

Heian Shodan
Heian Nidan

Aandachtspunten

Commando's begrijpen
Kihon op het oog gelijk kunnen uitvoeren

Examenprogramma 6 e Kyu

ORANJE

STANDEN

Heisoku-dachi

KIHON

Zenkutsu-dachi - Gedan-barai

- Oi-tsuki / Gyaku-tsuki
- Age-uke / Gyaku-tsuki
- Soto-uke / Gyaku-tsuki
- Uche-uke / Gyaku-tsuki

Kokutsu-dachi - Shuto-uke

Zenkutsu-dachi Gamae

- Mae-geri
- Mawashi-geri
- Mikazuki-geri

Kiba-dachi Gamae

- Yoko-geri Keage
- Yoko-geri Kekomi

KUMITE

Sanbon Kumite 1, 2 & 3 (Nrs. 1 & 2 zie Programma 7 e Kyu)

Nr. 1, 2 & 3

Nr. 3

-
Tori (Aanvaller)

Uke (Verdediger)

- Oi Tsuki Jodan
- Oi Tsuki Chudan
- Mae-geri Chudan

- Haiwan-uke (begin Heian Nidan)
- Morote-uke
- Sukue-uke / Gyaku-tsuki

Kihon Ippon Kumite

2 x Jodan / 2 x Chudan / 2 x Mae-geri

KATA

Heian Shodan
Heian Nidan
Heian Sandan

Aandachtspunten

Japanse termen kennen
Heup inzetten
Nadruk op standen

Examenprogramma 5 e Kyu

GROEN

STANDEN

Kosa-dachi (Kake-dachi)

KIHON

- | | |
|------------------------------|--|
| Zenkutsu-dachi - Gedan-barai | - Sanbon-tsuki (Jodan-Chudan-Chudan)
- Sanbon-tsuki (Chudan-Jodan-Chudan)
- Age-uke / Gyaku-tsuki
- Soto-uke (Zenkutsu dachi) / Empi + Uraken (Kiba dachi)
- Uche-uke / Kizame-tsuki - Gyaku-tsuki |
| Kokutsu-dachi - Shuto-uke | - Shuto-uke / Yonhon Nukite (Zenkutsu)
- Shuto-uke / Shuto-uche (Zenkutsu) |
| Zenkutsu-dachi Gamae | - Mae-geri
- Mawashi-geri
- Ren-geri (Chudan - Jodan) |
| Kiba-dachi Gamae | - Yoko-geri
Keage
- Yoko-geri
Kekomi |

KUMITE

Kihon Ippon Kumite

- 2 x Jodan
- 2 x Chudan
- 2 x Mae-geri
- 1 x Yoko-geri
- 1 x Mawashi-geri

Ju Kumite

Vrij Gevecht

KATA

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

Aandachtspunten

Goede houding
Hikite (terugtrekken reactiearm)
Technische controle

Examenprogramma 4 e Kyu

BLAUW

STANDEN

Neko-Ashi-Dachi

KIHON

Zenkutsu-dachi - Gedan-barai

- Sanbon-tsuki (Jodan-Chudan-Chudan)
- Sanbon-tsuki (Chudan-Jodan-Chudan)
- Age-uke / Gyaku-tsuki
- Soto-uke (Zenkutsu dachi) / Empi + Uraken (Kiba dachi)
- Uche-uke / Kizame-tsuki - Gyaku-tsuki

Kokutsu-dachi - Shuto-uke

- Shuto-uke / Yonhon Nukite (Zenkutsu)
- Shuto-uke / Shuto-uche (Zenkutsu)

Zenkutsu-dachi Gamae

- Mae-geri / Gyaku-tsuki
- Mawashi-geri
- Ren-geri (Chudan - Jodan)

Kiba-dachi Gamae

- Yoko-geri Keage
- Yoko-geri Kekomi

KUMITE

-
Kihon Ippon Kumite

- 2 x Jodan
- 2 x Chudan
- 2 x Mae-geri
- 1 x Yoko-geri
- 1 x Mawashi-geri



Opgelegde
(Shitei)

Ju Kumite

Vrij Gevecht

KATA

Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

**Heian
Godan
Tekki
Shodan**

Aandachtspunten

Goede balans / evenwicht

Doorzettingsvermogen

Coördinatie

Examenprogramma 3 e Kyu

BRUIN 1

STANDEN

Shiko Dachi
Moto Dachi

KIHON

Zenkutsu-dachi - Gedan-barai - Oi-tsuki
- Oi-tsuki / Gyaku-tsuki
- Age-uke / Age-uke + Gyaku-tsuki (2 x vorderen zenkutsu dachi)
- Soto-uke / Soto-uke + Gyaku-tsuki (2 x vorderen zenkutsu dachi)
- Uche-uke / Uche-uke + Gyaku-tsuki (2 x vorderen zenkutsu dachi)

Kokutsu-dachi - Shuto-uke - Shuto-uke / Yama-tsuki (Zenkutsu)

Zenkutsu-dachi Gamae

- Mae-geri / Gyaku-tsuki
- Mawashi-geri / Uraken-uche
- Uchiro-geri

Kiba-dachi Gamae

- Yoko-geri
Keage
- Yoko-geri
Kekomi

KUMITE

Ju-Ippon Kumite

- 2 x Jodan
- 2 x Chudan
- 2 x Mae-geri

Ju Kumite

Vrij Gevecht

KATA

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

Heian Godan
Tekki Shodan
Bassai-Dai

Aandachtspunten

Kracht & Snelheid
Reactievermogen
Inzicht

Examenprogramma 2 e Kyu

BRUIN 2

STANDEN

Sanchin Dachi

KIHON

Zenkutsu-dachi - Gedan-barai

- Mae-geri / Jun-tsuki
- Mawashi-geri / Gyaku-tsuki
- Gyaku-tsuki / Mae-geri / Jun-tsuki / Gedan-barai

Kokutsu-dachi - Shuto-uke

Zenkutsu-dachi Gamae

- Mae-geri / Mawashi-geri
- Kizame-yoko-geri (voorste been) / Uchiro-geri
- Mae-tobi-geri

Kiba-dachi Gamae

- Yoko-geri Keage
- Yoko-geri Kekomi

KUMITE

Jiyu-Ippon Kumite

- 2 x Jodan
- 2 x Chudan
- 2 x Mae-geri
- 1 x Yoko-geri
- 1 x Mawashi-geri

Ju Kumite

Vrij Gevecht

KATA

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan

Tekki Shodan
Bassai-Dai
Kanku-Dai

Aandachtspunten

Kontrole bij kumite
Beheersing
Ritme & Timing

Examenprogramma 1 ste Kyu

BRUIN 3

STANDEN

Shome Shizen tai

KIHON

Zenkutsu-dachi - Gedan-barai

- Mae-geri / Jun-tsuki / Gyaku-tsuki
- Mawashi-geri / Urake-uche / Gyaku-tsuki
- Gyaku-tsuki / Mae-geri / Jun-tsuki / Gedan-barai

Kokutsu-dachi - Shuto-uke

- Shuto-uke / Mawashi-geri (voorste been) / Gyaku-tsuki

Zenkutsu-dachi Gamae

- Mae-geri / Mawashi-geri
- Mae-geri / Yoko-geri (zijwaarts)
- Kizame-yoko-geri (voorste been) / Uchiro-geri
- Mae-tobi-geri / Uraken-uche
- Gyaku-Mawashi-geri

Kiba-dachi Gamae

- Yoko-geri Keage
- Yoko-geri Kekomi

KUMITE

Jiyu-Ippon Kumite

Ju Kumite

- 2 x Jodan
- 2 x Chudan
- 2 x Mae-geri
- 1 x Yoko-geri
- 1 x Mawashi-geri

Vrij Gevecht

KATA

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan

Tekki Shodan
Bassai-Dai
Kanku-Dai
Jion
Enpi

Aandachtspunten

Ademhaling
Effectiviteit
Begrip van "Karate-Do"