



Exameneisen 5^e kyu - groene band

KIHON (4 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 |
| 5. | → | Z.K.D. Ura Tsuki |
| 6. | → | Z.K.D. Tate 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. | →← | Z.K.D. Gedan Barai * Gyaku Tsuki |
| 5. | →← | K.K.D. Shuto Uke * Gyaku Nukite |
| 6. | → | Z.K.D. Age Uke * Soto Uke |
| 7. | → | Z.K.D. Gedan Kake Uke |
| 8. | → | Z.K.D. Otoshi Uraken Uchi |
| 9. | → | Z.K.D. Shuto Uchi Jodan |
| 10. | → | Z.K.D. Gedan Barai * Uchi Uke |

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. | ■ | H.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 |

KATA (2 KATA)

Heian Nidan en Heian Sandan

KUMITE (2 onderdelen)

1. IPPON KUMITE (Blokkering en tegenaanval vrij)

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

2. JIYU KUMITE

2 partijen van 2 minuten

