

Examenprogramma Tabel

	8 kyu	7 kyu	6 kyu	5 kyu	4 kyu	3 kyu	2 kyu	1 kyu
KIHON	<ul style="list-style-type: none"> - Juntsuki chudan; <u>mawatte jodan uke</u> - Gyakutsuki chudan; <u>mawatte gedan barai</u> - Mae geri chudan - Surikomi mae geri - Sokuto fumikomi 	<ul style="list-style-type: none"> - Juntsuki notsukomi <u>mawatte jodan uke</u> - Gyakutsuki notsukomi; mawatte gedan barai - <u>Mawashi geri chudan</u> 	<ul style="list-style-type: none"> - Kette juntsuki - <u>Kette gyakutsuki</u> - Tobikomitsuki - <u>Surikomi mawashi geri chudan</u> - Surikomi sokuto chudan 	<ul style="list-style-type: none"> - Kette juntsuki - <u>Kette gyakutsuki</u> - <u>Kette juntsuki no-tsukomi</u> - Kette gyakutsuki no-tsukomi - Nagashi tsuki - Nidan geri - <u>Ushiro geri gedan</u> - <u>Sokuto chudan</u> 	<ul style="list-style-type: none"> - Kette juntsuki - Kette gyakutsuki - Kette juntsuki no-tsukomi - Kette gyakutsuki no-tsukomi - Nagashi tsuki - Mawashi geri jodan - Ushiro geri chudan - Sokuto chudan 	<ul style="list-style-type: none"> - Kette juntsuki - Kette gyakutsuki - Kette juntsuki no-tsukomi - Kette gyakutsuki no-tsukomi - Tobikomi tsuki - Nagashi tsuki - Mawashi geri jodan - Ushiro geri chudan - Sokuto chudan 	<ul style="list-style-type: none"> - Kette juntsuki - Kette gyakutsuki - Kette juntsuki no-tsukomi - Kette gyakutsuki no-tsukomi - Nagashi tsuki - Nidan geri jodan - Surikomi mawashi geri jodan - Ushiro geri chudan - Surikomi sokuto jodan 	<ul style="list-style-type: none"> - Kette juntsuki - Kette gyakutsuki - Kette juntsuki no-tsukomi - Kette gyakutsuki no-tsukomi - Nagashi tsuki - Mawashi geri jodan - Ushiro geri chudan - Surikomi sokuto jodan
RENAKU WAZA	<ul style="list-style-type: none"> - Mae geri chudan; <u>Tobikomitsuki jodan</u> - Surikomi mae geri; Tobikomitsuki - <u>Mae geri chudan;</u> <u>Gyakutsuki chudan</u> - Surikomi mae geri; Gyakutsuki 	<ul style="list-style-type: none"> - Mae geri chudan; <u>Mawashi geri chudan;</u> <u>Gyakutsuki chudan</u> - Surikomi mae geri chudan; Mawashi geri chudan; Gyakutsuki chudan 	<ul style="list-style-type: none"> - Mae geri; <u>Sokuto chudan;</u> <u>Gyakutsuki chudan</u> - Surikomi mae geri; Sokuto chudan; Gyakutsuki chudan 	<ul style="list-style-type: none"> - <u>Mawashi geri chudan;</u> <u>Ushiro geri gedan;</u> <u>Gyakutsuki chudan</u> - Surikomi sokuto chudan; Ushiro geri gedan; Uraken jodan 	<ul style="list-style-type: none"> - Mae geri chudan; Nagashi tsuki jodan; Gyakutsuki chudan - Surikomi mae geri jodan; Nagashi tsuki jodan; Mawashi geri chudan - Mae geri chudan; Sokuto chudan; Ushiro geri chudan; Gyakutsuki chudan 	<ul style="list-style-type: none"> - Surikomi mae geri chudan; Mawashi geri chudan; Ushiro geri chudan; Gyakutsuki chudan - Mae geri chudan; Nagashi tsuki jodan; Gyakutsuki chudan; Mawashi geri chudan - Surikomi mae geri chudan; Sokuto chudan; Ushiro geri chudan; Uraken jodan 	<ul style="list-style-type: none"> - Surikomi mae geri chudan; Nagashi tsuki jodan; Mawashi geri jodan - Mae geri chudan; Sokuto jodan; Ushiro geri chudan; Gyakutsuki chudan - Zenshinshite jodan; Rentsuki chudan ; Surikomi mae geri chudan; Mawashi geri chudan; Gyakutsuki chudan 	<ul style="list-style-type: none"> - Zenshinshite jodan; Rentsuki chudan; Mae geri chudan; Mawashi geri chudan; Ushiro geri chudan; Gyakutsuki chudan - Surikomi tobikomitsuki jodan; Rentsuki chudan; Surikomi mae geri chudan; Mawashi geri chudan; Ushiro geri chudan; Uraken jodan - Zenshinshite jodan; Rentsuki chudan; Mae geri chudan; Nagashi tsuki jodan; Gyakutsuki chudan; Mawashi geri chudan
Partner-oefeningen	<ul style="list-style-type: none"> 1) A: 3x Juntsuki chudan V: 3x Uchi uke; Gyakutsuki 2) A: 3x Juntsuki chudan V: 3x Soto uke; Gyakutsuki 3) A: 3x Juntsuki jodan V: 3x Jodan uke en dan Gyakutsuki 	<ul style="list-style-type: none"> - <u>Chudan uke 1-2</u> - Mae geri uke 1-2 	<ul style="list-style-type: none"> - <u>Chudan uke 1-2</u> - <u>Mae geri uke 1,2,3, 4</u> - Jodan uke 1-2 - Ohyo kumite 1 	<ul style="list-style-type: none"> - <u>Chudan uke 1-2</u> - <u>Mae geri uke 1-6</u> - <u>Jodan uke 1,2, 3,4</u> - Ohyo kumite 1-2 	<ul style="list-style-type: none"> - Chudan uke 1-2 - Jodan uke 1-4 - Mae geri uke 1-6 - Ohyo kumite 1-3 	<ul style="list-style-type: none"> - Chudan uke 1-2 - Jodan uke 1-4 - Mae geri uke 1-6 - Ohyo kumite 1-4 - Kihon kumite 1-2 	<ul style="list-style-type: none"> - Chudan uke 1-2 - Jodan uke 1-4 - Mae geri uke 1-6 - Ohyo kumite 1-5 - Kihon kumite 1-4 	<ul style="list-style-type: none"> - Chudan uke 1-2 - Jodan uke 1-4 - Mae geri uke 1-6 - Ohyo kumite 1-7 - Kihon kumite 1-4 en 6-7
KATA	<ul style="list-style-type: none"> - Pinan Nidan (de opeenvolgende bewegingen kunnen uitvoeren) 	<ul style="list-style-type: none"> - <u>Pinan Nidan</u> (krachtige uitvoering en snelheid) 	<ul style="list-style-type: none"> - <u>Pinan Shodan</u> (krachtige uitvoering en snelheid) - Pinan Sandan (vlotte uitvoering) 	<ul style="list-style-type: none"> - <u>Pinan Sandan</u> - Pinan Yondan 	<ul style="list-style-type: none"> - Pinan Yondan - Pinan Godan 	<ul style="list-style-type: none"> - Kushanku 	<ul style="list-style-type: none"> - Kushanku - Naihanchi 	<ul style="list-style-type: none"> - Seishan - Chinto
KUMITE			<ul style="list-style-type: none"> - Jiyu kumite 	<ul style="list-style-type: none"> - Jiyu kumite 	<ul style="list-style-type: none"> - Jiyu kumite 	<ul style="list-style-type: none"> - Jiyu kumite 	<ul style="list-style-type: none"> - Jiyu kumite 	<ul style="list-style-type: none"> - Jiyu kumite

Minimum deelname STAGES en WEDSTRIJDEN: zie examenvoorwaarden kyu graden Tomodachi

Opmerking: Jongeren –12jaar doen een tussenexamen “kandidaat” : enkel de onderlijnde oefeningen kennen en voor een nieuwe kata is een vlotte uitvoering van de bewegingen voldoende Ze krijgen dan een geel, oranje, ...streepje op de gordel en de voorziene inschrijving in het examenboekje