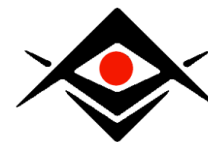


Tenkai Lokeren (4090)



EXAMENPROGRAMMA

1 KYU

	tussengraad beginner (B)
	tussengraad kandidaat (K)
	volle graad (V)

ALGEMEEN

(B) (K) (V) *! mentale inzet*

(B) (K) (V) *! weerstand : in het rood kunnen gaan*

KIHON (kamae)

Programma

(B) (K) (V) > jo Oi Tsuki [ZKD]

(B) (K) (V) > Sanbon Tsuki [//ZKD] (jo ... ch + ch)

(B) (K) (V) < jo Age Uke [ZKD] ... ch Gyaku Mae Geri [//ZKD] ± ch Gyaku Tsuki [//ZKD]

(B) (K) (V) > ch Soto Uke [ZKD] ± ch Yoko Empi [->KBD] ... ± ch Yoko Geri Kekomi [//KBD]
± jo Uraken [//ZKD] + ch Gyaku Tsuki [ZKD]

(B) (K) (V) < ch Uchi (ude) Uke [KKD]...± ch Kezami Uchi Mawashi Geri [//KKD]
± jo Kezami Tsuki (->zkd) + ch Gyaku Tsuki

(B) (K) (V) < ch Shuto Uke [KKD] ... ± Mawashi geri ch [//KKD] + ch Gyaku Nukite [ZKD]

(B) (K) (V) < ge Kake Uke [KKD] ... ± ch Kezami Mae Geri [//KKD] ± jo Shuto Uchi [//KKD]
+ ch Gyaku Tsuki [//ZKD]

(B) (K) (V) [] jo Yoko Geri Keage [KBD]

(B) (K) (V) > Mae Ren Geri (ch + > jo)

(B) (K) (V) > jo Mae Geri ... + > ch Kekomi ... + > jo Mawashi ... + > ch Ushiro

(B) (K) (V) > jo Mae Geri ± ch Yoko Geri Kekomi (zelfde been, zonder neerplaatsen)

(B) (K) (V) > Mawashi Ren Geri (jo + > jo)

(B) (K) (V) > jo Mawashi Geri ± ch Yoko Geri Kekomi (zelfde been, zonder neerplaatsen)

(B) (K) (V) Sanpo Geri

(B) (K) (V) Shiho Tsuki [ZKD]

(B) (K) (V) *! Test controle : Gyaku Tsuki*

JIYU IPPON (1 aanval/1 afweer/1 tegenaanval)

Programma

(B) (K) (V) jo Oi Tsuki ~> ch Ushiro Geri

(B) (K) (V) *! Afweer : vrij*

(B) (K) (V) *! Tegenaanval : vrij*

KATA

Programma

(B) (K) (V) H1, H2, H3, H4, H5, T1 of BD (sentei kata)

(B) (K) (V) KD - Kanku Dai

(V) KD - Kanku Dai (2 keer na elkaar zonder pauze)