

Tenkai Lokeren (4090)



EXAMENPROGRAMMA

4 KYU

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

ALGEMEEN

(B) (K) (V) *! stabiliteit*

(B) (K) (V) *! automatisme*

KIHON (kamae)

Programma

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

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

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

(B) (K) (V) < jo Age Uke [ZKD] + ch Gyaku Tsuki [//ZKD]

(B) (K) (V) > ch Soto Uke [ZKD] ± ch Yoko Empi [//KBD]

(B) (K) (V) < ch Uchi (ude) Uke [KKD] + ch Gyaku Tsuki [//ZKD]

(B) (K) (V) < ge Kake Uke [KKD] + ch Gyaku Tsuki [//ZKD]

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

(B) (K) (V) > jo Mae Geri [ZKD]

(B) (K) (V) > ch Mae Geri (fd)

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

(B) (K) (V) [] ch Yoko Geri Kekomi [KBD]

(B) (K) (V) > ch Yoko Geri Kekomi [ZKD]

(B) (K) (V) > jo Mawashi Geri [ZKD]

(B) (K) (V) *! > ch Ushiro Geri [ZKD]*

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

(B) (K) (V) > jo Mae Geri [ZKD] + > jo Mawashi Geri [ZKD]

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

Programma

(B) (K) (V) jo Oi Tsuki - Age Uke

(B) (K) (V) ch Oi Tsuki - Shuto Uke (buitenzijde)

(B) (K) (V) ch Mae Geri - Kake Uke

(B) (K) (V) ch Yoko Geri Kekomi – Gedan barai (buitenzijde)

(B) (K) (V) jo Mawashi Geri - Uchi Uke

(B) (K) (V) ch Ushiro Geri – Soto Uke

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

KATA

Programma

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

(B) (K) (V) H5 - Heian Godan