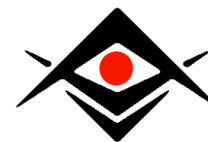


Tenkai Lokeren (4090)



EXAMENPROGRAMMA

5 KYU

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

ALGEMEEN

(B) (K) (V) ! bekken gebruiken

(B) (K) (V) ! coördinatie

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] + jo Gyaku Tsuki [//ZKD]
- (B) (K) (V) < ch Soto Uke [ZKD] + jo Gyaku Tsuki [//ZKD]
- (B) (K) (V) < ch Uchi (ude) Uke [ZKD] + jo Gyaku Tsuki [//ZKD]
- (B) (K) (V) < ge Kake Uke [KKD] + jo 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) > Mae Ren Geri [ZKD] (jo + > ch)
- (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]

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 - Soto Uke
- (B) (K) (V) jo Mawashi Geri - Uchi Uke
- (B) (K) (V) ! Tegenaanval : jo Gyaku Tsuki

KATA

Programma

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