

# Tenkai Lokeren (4090)



## EXAMENPROGRAMMA

6 KYU

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

## ALGEMEEN

(B) (K) (V) *! standen*

## KIHON

### 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 Gyaku Tsuki [//ZKD]
- (B) (K) (V) < ch Uchi (ude) Uke [ZKD] + 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 (vrij)
- (B) (K) (V) [] jo Yoko Geri Keage [KBD] + ch Empi [//KBD]
- (B) (K) (V) [] ch Yoko Geri Kekomi [KBD] + ch Empi [//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 - Soto Uke
- (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 : ch Gyaku Tsuki*

## KATA

### Programma

- (B) (K) (V) H1 of H2 (sentei kata)
- (B) (K) (V) H3 - Heian Sandan