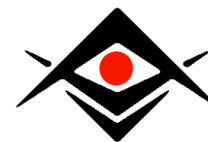




# Tenkai Lokeren (4090)



## EXAMENPROGRAMMA

7 KYU

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

## ALGEMEEN

(B) (K) (V) *! afweer*

(B) (K) (V) *! tegenaanval*

## KIHON

### Programma

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

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

(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) > ch Shuto Uke [KKD] + ch Gyaku Nukite [//ZKD]

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

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

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

(B) (K) (V) [] ch Yoko Geri Kekomi [KBD] + jo Uraken [//KBD]

## GOHON KUMITE (5x aanvallen)

### Programma

(B) (K) (V) 5x jo Oi Tsuki - Age Uke

(B) (K) (V) 5x ch Oi Tsuki - Soto Uke

(B) (K) (V) 5x ch Mae Geri - Kake Uke

(B) (K) (V) *! Tegenaanval : 1x ch Gyaku Tsuki*

## KATA

### Programma

(B) (K) (V) H1 - Heian Shodan

(B) (K) (V) H2 - Heian Nidan