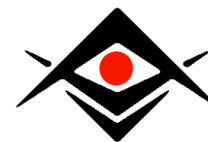


# Tenkai Lokeren (4090)



## EXAMENPROGRAMMA

8 KYU

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

## ALGEMEEN

(B) (K) (V) ! besef tegenstander

## KIHON

### Programma

- (B) (K) (V) > jo Oi Tsuki [ZKD]
- (B) (K) (V) > ch Oi Tsuki [ZKD]
- (B) (K) (V) < jo Age Uke [ZKD]
- (B) (K) (V) < ch Soto Uke [ZKD]
- (B) (K) (V) < ch Uchi (ude) Uke [ZKD]
- (B) (K) (V) < ch Shuto Uke [KKD]
- (B) (K) (V) > jo Mae Geri [ZKD]
- (B) (K) (V) > ch Mae Geri [ZKD]
- (B) (K) (V) [] jo Yoko Geri Keage [KBD]
- (B) (K) (V) [] ch Yoko Geri Kekomi [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) ! Tegenaanval : 1x ch Gyaku Tsuki

## KATA

### Programma

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