

Tenkai Lokeren (4090)

EXAMENPROGRAMMA

9 KYU



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

ALGEMEEN

(B) (K) (V) *! ceremonie*

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

KATA

Programma

- (B) (K) (V) Takyoku Shodan