

Exameneisen Geel 7^e KYU



1. Dachi Waza

Heisoku dachi
Musubi dachi
Heiko dachi
Fudo dachi (yoi dachi)

Sanchin dachi
Zenkutsu dachi
Kokutsu dachi
Neko ashi dachi

2. Kihon

Seiken chudan tsuki
Seiken jodan tsuki
Seiken gedan tsuki
Seiken jodan uke
Seiken gedan barai

Seiken uchi uke
Seiken soto uke
Gin geri
Mae geri
Mawashi geri

Seiken ago uchi
Uraken sayu uchi

Uraken hizo uchi

3. Kihon no kata

Kihontechnieken lopend kunnen uitvoeren in zenkutsu dachi

(Kake wake uke ←bij openen van trappen)

4. Kata

Taikyoku sono ichi
Taikyoku sono ni
Taikyoku sono san

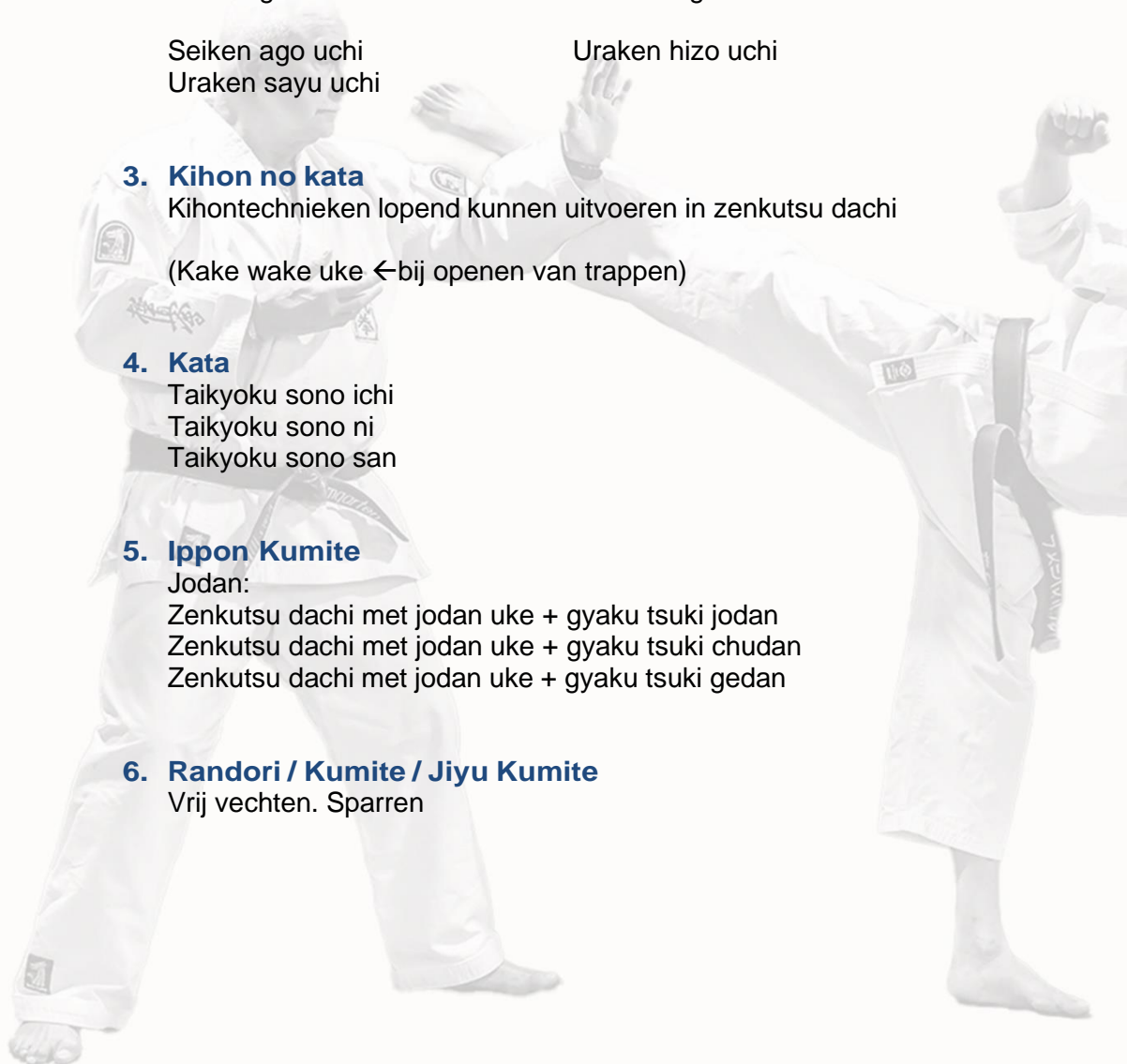
5. Ippon Kumite

Jodan:

Zenkutsu dachi met jodan uke + gyaku tsuki jodan
Zenkutsu dachi met jodan uke + gyaku tsuki chudan
Zenkutsu dachi met jodan uke + gyaku tsuki gedan

6. Randori / Kumite / Jiyu Kumite

Vrij vechten. Sparren



極真會