

Exameneisen blauw bruin



1. Dachii Waza

Heisoku dachi	Kake dachi
Musubi dachi	Zenkutsu dachi
Heiko dachi	Kokutsu dachi
Fudo dachi (yoi dachi)	Neko ashi dachi
Sanchin dachi	Kiba dachi
Tsuru ashi dachi	Shiko dachi

2. Kihon

Seiken chudan tsuki	Gin geri
Seiken jodan tsuki	Mae geri
Seiken gedan tsuki	Mawashi geri
Seiken jodan uke	Mawashi kubi geri
Seiken gedan barai	Kansetsu geri
Seiken uchi uke	Yoko geri
Seiken soto uke	Ura mawashi geri
Kome kami uchi	Ushiro geri
Shuto mawashi uchi	Ashi barai

Combinatie van kerii waza: Gin geri, Mae geri, Mawashi geri, Kansetsu geri, Yoko geri, Ushiro geri

Seiken ago uchi	Tettsui (oroshi uchi)
Uraken ganmen uchi	Shuto sakotsu uchi
Uraken sayu uchi	Shuto sakotsu uchikomi
Uraken hizo uchi	Shuto hizo uchi

3. Kihon no kata

Kihontechnieken lopend kunnen uitvoeren in zenkutsu dachi
Gyaku tsuki lopend kunnen uitvoeren in sanchin dachi

Kokutsu dachi + Shuto uke
Kokutsu dachi + Shuto mawashi uchi

Lopend kiba dachi + jun tsuki (voorlangs kruizen)

4. Nihon Kihon kata

Openen zenkutsu dachi gedan barai + gyaku tsuki, vorderen met:

Gin geri	+ Gyaku tsuki chudan
Mae geri	+ Gyaku tsuki chudan
Mawashi geri	+ Gyaku tsuki chudan
Kansetsu geri	+ Gyaku tsuki chudan
Yoko geri	+ Gyaku tsuki chudan

Uit zekutsu dachi:

Vorderen met:

Jodan tsuki
Chudan tsuki
Gedan tsuki
Jodan tsuki

Achteruit met:

Jodan uke + Gyaku tsuki
Uchi uke + Gyaku tsuki
Gedan barai + Gyaku tsuki
Soto uke + Gyaku tsuki

5. Renraku waza

Eerste : **Openen naar voren met Zenkutsu dachi kamae en vorderen met:**
Mae geri, Mawashi geri, Yoko geri / Gyaku tsuki chudan KIAI!
(2 keer heen. Mawate! 2 keer terug)





6. Kata

Taikyoku 1 t/m 3
Pinan sono ichi
Pinan sono ni
Pinan sono san
Pinan sono yon
Pinan sono go

7. 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

Chudan:

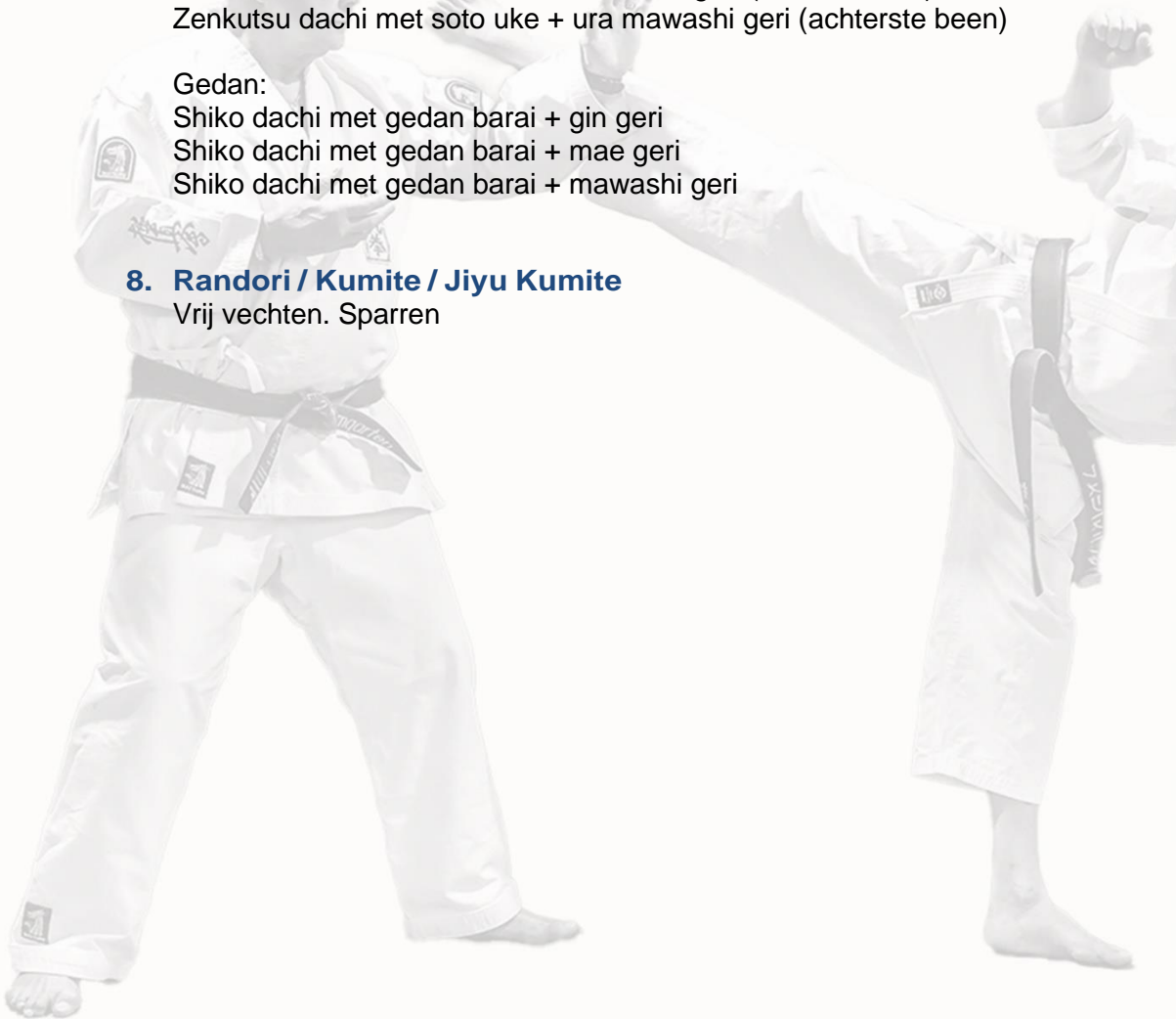
Zenkutsu dachi met uchi uke + gyaku tsuki chudan
Zenkutsu dachi met uchi uke + gyaku tsuki gedan
Zenkutsu dachi met soto uke + mawashi geri (voorste been)
Zenkutsu dachi met soto uke + ura mawashi geri (achterste been)

Gedan:

Shiko dachi met gedan barai + gin geri
Shiko dachi met gedan barai + mae geri
Shiko dachi met gedan barai + mawashi geri

8. Randori / Kumite / Jiyu Kumite

Vrij vechten. Sparren



極真會