

# Exameneisen groen blauw



## 1. Dachi 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	
Shuto mawashi uchi	

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

## 3. Kihon no kata

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

Kokutsu dachi + Shuto mawashi uchi

## 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. Kata

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





## 6. 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

## 7. Randori / Kumite / Jiyu Kumite

Vrij vechten. Sparren



極真會