

Exameneisen Wit Geel



1. Dachi Waza

Heisoku dachi
Musubi dachi
Heiko dachi

Fudo dachi (yoi dachi)
Zenkutsu dachi
Kokutsu 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

3. Kihon no kata

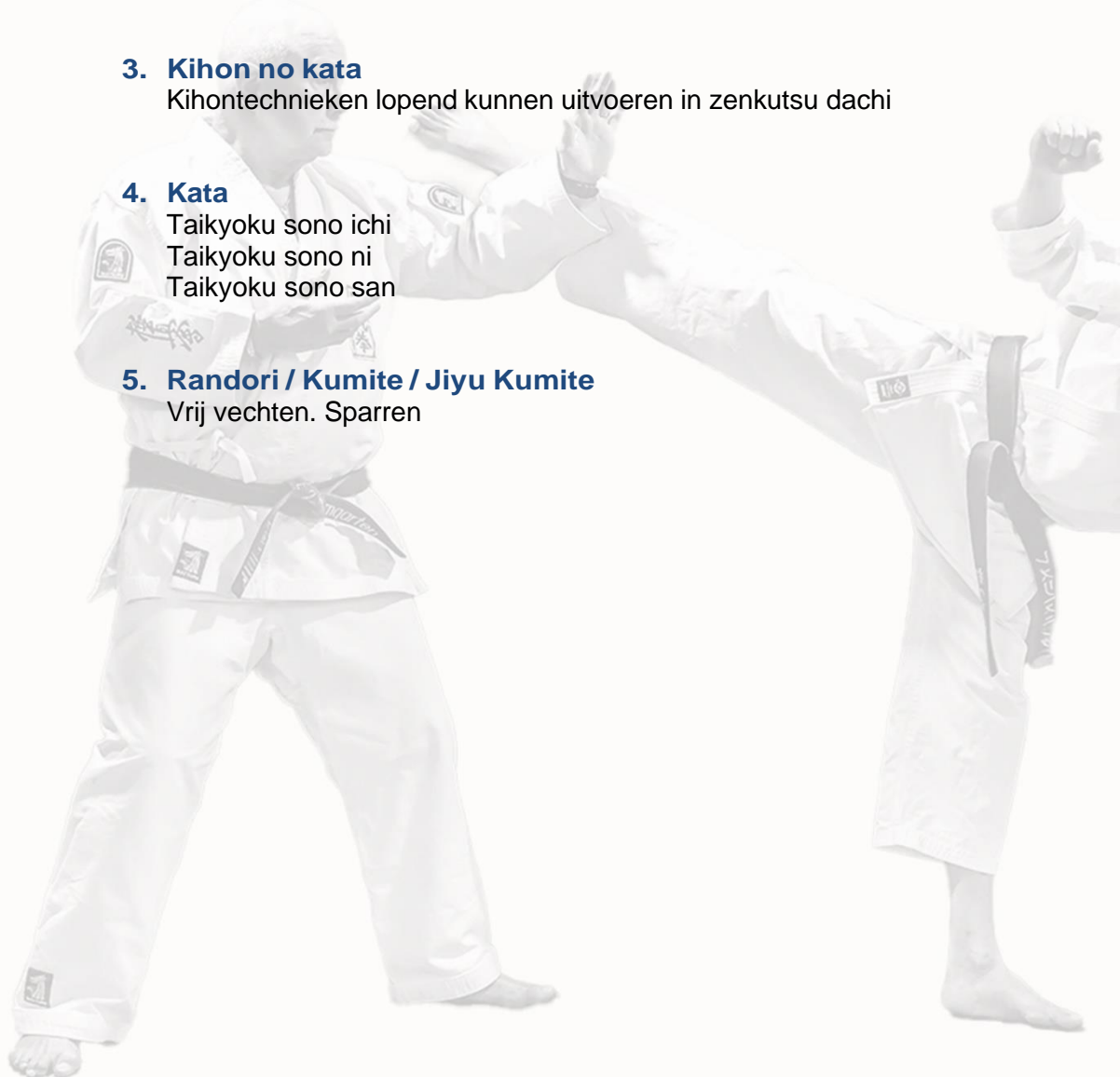
Kihontechnieken lopend kunnen uitvoeren in zenkutsu dachi

4. Kata

Taikyoku sono ichi
Taikyoku sono ni
Taikyoku sono san

5. Randori / Kumite / Jiyu Kumite

Vrij vechten. Sparren



極真會