

Kyu examenprogramma +12j

De examens moeten afgelegd worden met respect voor de uke
Uke werk maakt eveneens deel uit van de eindbeoordeling

5de Kyu

Tachi waza:

Mae Ukemi
Ushiro Ukemi
Tai Sabaki
Aihanmi katate dori ikkyo (omote/ura)
Aihanmi katate dori shiho nage (omote/ura)
Aihanmi katate dori irimi nage (omote/ura)
Katate dori tenchi nage (omote/ura)
Shomen uchi ikkyo (omote/ura)
Shomen uchi irimi Nage (omote/ura)
Ryote dori seiza kokyo ho

4de Kyu

Tachi waza:

Aihanmi katate dori nikyo (omote/ura)
Aihanmi katate dori sankyo (omote/ura)
Aihanmi katate dori kotegaeshi
Aihanmi katate dori ude kime nage (omote/ura)
Katate dori ikkyo (omote/ura)
Katate dori nikyo (omote/ura)
Katate dori kotegaeshi
Katate dori irimi nage (omote/ura)
Katate dori uchi kaiten nage (omote/ura)
Katate dori ude kime nage (omote/ura)
Katate dori sokumen irimi nage
Kata dori ikkyo (omote/ura)
Kata dori nikyo (omote/ura)
Ryote dori tenchi nage (omote/ura)
Shomen uchi kote gaeshi
Yokomen uchi shiho nage (omote/ura)
Yokomen uchi ude kime nage (omote/ura)
Ushiro ryote dori sankyo (omote/ura)

Suwari waza:

Aihanmi katate dori ikkyo (omote/ura)
Aihanmi katate dori irimi nage
Shomen uchi ikkyo (omote/ura)
Shomen uchi sankyo

3de Kyu

Tachi waza:

Katate dori soto kaiten nage (omote/ura)
Katate dori kokyo ho
Katate ryote dori nikyo (omote/ura)
Katate ryote dori kote gaeshi
Katate ryote dori ude kime nage (omote/ura)
Ryote dori ikkyo (omote/ura)
Ryote dori shihonage (omote/ura)
Kata dori men uchi ikkyo
Ushiro ryote dori ikkyo (omote/ura)
Ushiro ryote dori nikyo (omote/ura)
Ushiro ryote dori kote gaeshi
Ushiro ryote dori shiho nage (omote/ura)
Ushiro ryote dori irimi nage
Ushiro ryote dori ude kime nage (omote/ura)
Shomen uchi nikyo (omote/ura)
Shomen uchi sankyo (omote/ura)
Shomen uchi yonkyo (omote/ura)
Yokomen uchi ikkyo (omote/ura)
Yokomen uchi nikyo (omote/ura)
Yokomen uchi sankyo (omote/ura)
Yokomen uchi yonkyo (omote/ura)
Yokomen uchi kote gaeshi
Yokomen uchi irimi nage (omote/ura)

Suwari waza:

Katate dori ikkyo (omote/ura)
Katate dori nikyo (omote/ura)
Kata dori ikkyo (omote/ura)
Kata dori nikyo (omote/ura)
Shomen uchi nikyo (omote/ura)
Shomen uchi sankyo
Shomen uchi kote gaeshi

Hanmi handachi waza:

Katate dori shiho nage (omote/ura)
Katate dori irimi nage
Shomen uchi kote gaeshi

2de Kyu

Tachi waza:

Aihanmi katate dori koshi nage
Katate dori sankyo (omote/ura)
Katate dori sumi otochi
Kata dori sankyo (omote/ura)
Katate ryote dori irimi nage
Ryote dori kote gaeshi
Ryote dori irimi nage
Ushiro ryo kata dori ikkyo (omote/ura)
Ushiro ryo kata dori nikyo (omote/ura)
Ushiro ryo kata dori sankyo (omote/ura)
Ushiro ryo kata dori aiki otoshi
Ushiro ryo kata dori sokumen irimi nage
Ushiro ryote dori juji garami
Kata dori men uchi ikkyo (omote/ura)
Kata dori men uchi nikyo (omote/ura)
Kata dori men uchi sankyo (omote/ura)
Kata dori men uchi kote gaeshi
Kata dori men uchi shiho nage (omote/ura)
Kata dori men uchi irimi nage
Shomen uchi shiho nage (omote/ura)
Shomen uchi soto kaiten nage (omote/ura)
Shomen uchi uchi kaiten nage (omote/ura)
Yokomen uchi gokyo
Chudan tsuki irimi nage
Jodan tsuki hiji kime osae

Suwari waza:

Katate dori kote gaeshi
Katate dori irimi nage
Yokomen uchi gokyo
Yokomen uchi irimi nage

Hanmi handachi waza:

Ryote dori shiho nage (omote/ura)
Katate dori soto kaiten nage (omote/ura)

Tanto dori:

Tachi waza yokomen uchi gokyo
Randori met 2 aanvallers (ninin gake)

1ste Kyu

Tachi waza:

Katate ryote dori juji garami
Muna dori shiho nage (omote/ura)
Ushiro eri dori ikkyo (omote/ura)
Ushiro eri dori kote gaeshi
Ushiro eri dori shiho nage (omote/ura)
Ushiro katate dori kubi shime shiho nage (omote/ura)
Shomen uchi sankyo (omote/ura)
Chudan tsuki nikkyo (omote/ura)
Chudan tsuki sankyo (omote/ura)
Chudan tsuki kote gaeshi
Jodan tsuki ikkyo (omote/ura)
Jodan tsuki nikyo (omote/ura)
Jodan tsuki sankyo (omote/ura)
Jodan tsuki shih onage (omote/ura)

Tanto dori:

Tachi waza shomen uchi gokyo

Bokken – Jo:

Boken suburi Jo suburi

Tachi dori

Jo dori

Tachi tai tachi

Jo tai jo

Randori met 3 aanvallers (sannin gake)