



Examenprogramma **Blauwe (1^{ste}) Gordel 5^{de} Kyu**

1. Kihon:

<u>Tsuki waza:</u>	Kette Juntsuki	(mawatte jodan uke)
	Kette Gyakutsuki	(mawatte gedan barai)
	Kette Juntsuki no-tsukomi	(mawatte jodan uke)
	Kette Gyakutsuki no-tsukomi	(mawatte gedan barai)
	Tobikomitsuki	(mawatte jodan uke)
Nagashi Tsuki	(mawatte gedan barai)	
<u>Geri waza:</u>	Surikomi maegeri	chudan
	Sokuto Fumikomi	gedan
	Surikomi mawashigeri	chudan
	Soktogeru	chudan
	Ushirogeri	gedan
<u>Uke waza:</u>	Uchi uke	
	Soto uke	
	Uraken uke	
	Shuto uke	

2. Renraku waza:

1. Mawashigeri chudan - Ushirogeri gedan - gyakutsuki chudan
2. Surikomi soktogeru chudan - Ushirogeri gedan - uraken jodan

3. Kata:

Pinan yodan

4. Kumite:

Sanbon kumite: Jodan uke sanbonme - Jodan uke yohonme
Maegeri uke gohonme - Maegeri uke ropponme

Ohyo kumite ipponme + nihonme + sanbonme

Jiyu ippon: Vrij vechten
2 x 1,5 min.

5. Theorie:

Zie overzicht theoretisch examen WIKF

Minimum slaagpercentage = 62.5%