



Examenprogramma **Groene Gordel 6^{de} Kyu**

1. Kihon:

<u>Tsuki waza:</u>	Kette Juntsuki	(mawatte jodan uke)
	Kette Gyakutsuki	(mawatte gedan barai)
	Juntzuki no-tsukomi	(mawatte jodan uke)
	Gyakutsuki no-tsukomi	(mawatte gedan barai)
	Tobikomitsuki	(mawatte jodan uke)
<u>Geri waza:</u>	Maegeri	chudan
	Mawashi geri	chudan
	Sokuto Fumikomi	gedan
	Surikomi sokto geri	chudan
<u>Uke waza:</u>	Jodan uke	
	Gedan barai	
	Uchi uke	
	Soto uke	
	Shuto uke	

2. Renraku waza:

1. Maegeri chudan - sokto chudan - gyakutsuki chudan
2. Surikomi maegeri chudan - sokto chudan - gyakutsuki chudan

3. Kata:

Pinan shodan

4. Kumite:

Sanbon kumite: Jodan uke 1 en 2
Maegeri uke 3 en 4

Ohyo kumite ipponme

Jiyu ippon: Vrij vechten
2 x 1 min.

5. Theorie:

Zie overzicht theoretisch examen WIKF

Minimum slaagpercentage = 60%