



## Examenprogramma

## Gele Gordel 8<sup>ste</sup> Kyu:

### 1. Kihon:

Tsuki waza: Juntsuki (mawatte jodan uke)  
Gyakutsuki (mawatte gedan barai)

Geri waza: Maegeri chudan  
Surikomi maegeri chudan  
Mawashi geri chudan

Uke waza: Jodan uke  
Gedan barai  
Uchi uke  
Soto uke

### 2. Renraku waza:

1. maegeri - gyakutsuki
2. surikomi maegeri - gyakutsuki

### 3. Kata:

Pinan nidan

### 4. Kumite:

Jiyu ippon: Vrij vechten  
2 x 1 min.

### 5. Theorie:

Zie overzicht theoretisch examen WIKF

*Minimum slaagpercentage = 50%*