

# KYU-EXAMENEISEN GKH

## 9<sup>e</sup> KYU

### 1. KIHONRENSYU HO Kihon

#### Tachi Kata

Musubi dachi  
Heiko dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi

#### Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke

#### Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki

#### Uchi Waza

Heiko dachi	-	Uraken uchi shomen
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#### Keri Waza

Heiko dachi	-	Gedan geri
Heiko dachi	-	Mae geri
Heiko dachi	-	Mawashi geri

### 2. IDORENSYU HO

#### Kihon Ido 1

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi shakaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi shakaku	-	Chudan seiken zuki

### 3. KATA

Taikyoku kata Jodan 1  
Taikyoku kata Chudan 1  
Taikyoku kata Gedan 1

#### **4. KUMITE**

Kihon Yakusoku kumite 1

Ippon (armen)

1. Aanval: Sanchin dachi - Jodan seiken zuki  
Verdediging: Tenshin sanchin dachi - Jdan age uke, chudan seiken zuki
2. Aanval: Zenkutsu dachi - Chudan seiken zuki  
Verdediging: Tenshin zenkutsu dachi - Chudan yoko uke, jodan seiken zuki
3. Aanval: Shiko dachi shakaku - Chudan seiken zuki  
Verdediging: Tenshin shiko dachi - Gedan haraiotoshi uke, chudan seiken zuki

Sanbon (armen)

Aanval en verdediging achter elkaar uitvoeren. Na de laatste afweertehniek een tegenaanval maken door middel van: Chudan zuki.

**Jiyu kumite**

## 8<sup>e</sup> KYU

### 1. KIHONRENSYU HO

#### Kihon

##### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi

##### Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai

##### Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho seiken zuki

##### Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu

##### Ate Waza

Heiko dachi	-	Mae hiji ate
Heiko dachi	-	Mawashi hiji ate

##### Keri Waza

Heiko dachi	-	Gedan geri
Heiko dachi	-	Mae geri
Heiko dachi	-	Mawashi geri

### 2. IDORENSYU HO

#### Kihon Ido 1

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi sahakaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi shakaku	-	Chudan seiken zuki
Zenkutsu dachi	-	Mae hiji ate
Shiko dachi chokkaku	-	Chudan seiken zuki
Sanchin dachi	-	Mae geri
Zenkutsu dachi	-	Mae geri

### 3. KATA

Taikyoku kata Jodan 2  
Taikyoku kata Chudan 2  
Taikyoku kata Gedan 2

### 4. KUMITE

Kihon Yakusoku kumite 1

Ippon (armen)

1. Aanval: Sanchin dachi - Jodan seiken zuki  
Verdediging: Tenshin sanchin dachi - Jdan age uke, chudan seiken zuki
2. Aanval: Zenkutsu dachi - Chudan seiken zuki  
Verdediging: Tenshin zenkutsu dachi - Chudan yoko uke, jodan seiken zuki
3. Aanval: Shiko dachi shakaku - Chudan seiken zuki  
Verdediging: Tenshin shiko dachi - Gedan haraiotoshi uke, chudan seiken zuki

Sanbon (armen)

Aanval en verdediging achter elkaar uitvoeren. Na de laatste afweertechneik een tegenaanval maken door middel van: Chudan zuki.

Kihon Yakusoku kumite 1 (benen)

Ippon (benen)

1. Aanval: Sanchin dachi - Mae geri  
Verdediging: Tenshin sanchin dachi - Hiki ashi, mae geri
2. Aanval: Zenkutsu dachi - Mae geri  
Verdediging: Tenshin zenkutsu dach i - Hiki ashi, mae geri
3. Aanval: Shiko dachi shakaku - Mawashi geri  
Verdediging: Tenshin shiko dachi - Hiki ashi, mawashi geri

Sanbon (benen)

Bovenstaande aanvalstechnieken achter elkaar uitvoeren. Na de laatste aanvalstechniek een tegenaanval maken door middel van: Hiki ashi, mawashi geri.

### **Yakusoku ippon kumite (Tenshin, Sabaki)**

**Jiyu kumite**

# 7<sup>e</sup> KYU

## 1. KIHONRENSYU HO

### Kihon

#### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi

#### Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke

#### Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki

#### Ate Waza

Heiko dachi	-	Mae hiji ate
Heiko dachi	-	Mawashi hiji ate
Hanzenkutsu dachi	-	Hiza ate

#### Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu
Heiko dachi	-	Shuto uchi

#### Keri Waza

Heiko dachi	-	Gedan geri
Heiko dachi	-	Mae geri
Heiko dachi	-	Mawashi geri
Heiko dachi	-	Kansetsu geri

## 2. IDORENSYU HO

### Kihon Ido 1

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi shakaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi shakaku	-	Chudan seiken zuki
Zenkutsu dachi	-	Mae hiji ate
Shiko dachi chokkaku	-	Chudan seiken zuki
Sanchin dachi	-	Mae geri
Zenkutsu dachi	-	Mae geri
Hanzenkutsu dachi	-	Mawashi geri
Shiko dachi shakaku	-	Kansetsu geri

### Kihon Ido 2

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki

## 3. KATA

Taikyoku kata Jodan, Chudan, Gedan 1, 2

Taikyoku kata Kake uke 1

Taikyoku kata Mawashi uke 1

## 4. KUMITE

Kihon yakusoku kumite 2

Ippon ( armen - uradori )

1. Aanval: Sanchin dachi - Jodan seiken zuki - chudan yoko uke, jodan seiken zuki

Verdediging: Tenshin sanchin dachi - Jodan age uke, chudan seiken zuki

2. Aanval: Zenkutsu dachi - Chudan seiken zuki - jodan age uke, chudan seiken zuki

Verdediging: Tenshin zenkutsu dachi - chudan yoko uke, jodan seiken zuki

4. Aanval: Shiko dachi shakaku - chudan seiken zuki - gedan uke, chudan seiken zuki

Verdediging: Tenshin shiko dachi - gedan uke, chudan seiken zuki

Sanbon ( armen uradori )

Aanval en verdediging is gelijk aan bovenstaande serie, alleen stapt men nu achter elkaar door naar de drie verschillende standen.

Ippon ( benen )

1. Aanval: Sanchin dachi - Mae geri

Verdediging: Tenshin sanchin dachi - Tsugi ashi, mae geri

2. Aanval: Zenkutsu dachi - Mae geri

Verdediging: Tenshin zenkutsu dachi - Tsugi ashi, mae geri

3. Aanval: Shiko dachi shakaku - Mawashi geri

Verdediging: Tenshin shiko dachi - Tsugi ashi, mawashi geri

Sanbon ( benen )

Aanval en verdediging is gelijk aan bovenstaande serie, alleen stapt men nu achter elkaar door naar de drie verschillende standen.

## Jiyu kumite

## 6<sup>e</sup> KYU

### 1. KIHONRENSYU HO

#### Kihon

##### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Uchi hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi

##### Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

##### Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki

##### Ate Waza

Heiko dachi	-	Mae hiji ate
Heiko dachi	-	Mawashi hiji ate
Hanzenkutsu dachi	-	Hiza ate
Heiko dachi	-	Teisho ate

##### Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Furi uchi

##### Keri Waza

Gedan geri  
Mae geri  
Mawashi geri  
Kansetsu geri  
Sokuto geri

*Bovenstaande traptechnieken worden vanuit verschillende standen worden gevraagd.*

## 2. IDORENSYU HO

### Kihon Ido 1

### Kihon Ido 2

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki
Sanchin dachi	-	Yoko uke shita barai, morote zuki
Sanchin dachi	-	Chudan seiken zuki, mae geri
Zenkutsu dachi	-	Mae geri, chudan seiken zuki
Shiko dachi shakaku	-	Mawashi hiji ate yonhon doza

## 3. KATA

Taikyoku kata Jodan 1, 2  
Taikyoku kata Chudan 1, 2  
Taikyoku kata Gedan 1, 2  
Taikyoku kata kake uke 1, 2  
Taikyoku kata Mawashi uke 1, 2  
Gekisai Dai Ichi

## 4. KUMITE

Yakusoku ippon kumite - Tenshin

1. Aanval: Zenkutsu dachi - Jodan seiken zuki  
Verdediging: Zenkutsu dachi - Jodan age uke, chudan seiken zuki
2. Aanval: Zenkutsu dachi - Chudan seiken zuki  
Verdediging: Zenkutsu dachi - Chudan uchi uke, jodan seiken zuki
3. Aanval: Zenkutsu dachi - Chudan seiken zuki  
Verdediging: Shiko dachi shakaku - Gedan haraiotoshi uke, chudan seiken zuki
4. Aanval: Zenkutsu dachi - Mae geri  
Verdediging: Zenkutsu dachi - Gedan haraiotoshi uke, jodan seiken zuki
5. Aanval: Hanzenkutsu dachi - Mawashi geri  
Verdediging: Zenkutsu dachi - Jodan nagashi uke, jodan seiken zuki

### Jiyu kumite



## 5<sup>e</sup> KYU

### 1. KIHONRENSYU HO

#### Kihon

##### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Uchi hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi  
Moto dachi

##### Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

##### Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Moto dachi	-	Kizami zuki
Moto dachi	-	Chudan hiki zuki

##### Ate Waza

Mae hiji ate  
Ushiro hiji ate  
Mawashi hiji ate  
Yoko hiji ate  
Otoshi hiji ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:  
Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi	-	Hiza ate (geri)
Heiko dachi	-	Teisho ate

**Uchi Waza**

- Heiko dachi - Uraken uchi shomen
- Heiko dachi - Uraken uchi sayu 1
- Heiko dachi - Uraken uchi sayu 2
- Heiko dachi - Shuto uchi
- Heiko dachi - Furi uchi
- Heiko dachi - Tettsui uchi

**Keri Waza**

Gedan geri - Mae geri - Mawashi geri - Kansetsu geri - Sokuto geri - Ushiro geri

Bovenstaande traptechnieken worden vanuit verschillende standen worden gevraagd

## **2. IDORENSYU HO**

### **Kihon Ido 1**

#### **Kihon Ido 2**

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki
Sanchin dachi	-	Yoko uke shita barai, morote zuki
Sanchin dachi	-	Chudan seiken zuki, mae geri
Zenkutsu dachi	-	Mae geri, chudan seiken zuki
Shiko dachi shakaku	-	Mawashi hiji ate yonhon doza
Zenkutsu dachi	-	Mae hiji ate, chudan seiken zuki
Shiko dachi chokkaku	-	Tettsui, uraken uchi
Sanchin dachi	-	Mae geri, mawashi geri

### **3. KATA**

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2  
Gekisai dai ichi  
Gekisai dai ni

### **4. KUMITE**

#### **Kihon Yakusoku kumite 1, 2**

#### **Jiyu kumite**

## 4<sup>e</sup> KYU

### 1. KIHONRENSYU HO

#### Kihon

##### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Uchi hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi  
Moto dachi

##### Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

##### Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Moto dachi	-	Kizami zuki
Moto dachi	-	Chudan hiki zuki
Heiko dachi	-	Nukite zuki

##### Ate Waza Mae

hiji ate Ushiro  
hiji ate Mawashi  
hiji ate Yoko hiji  
ate Otoshi hiji  
ate

Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:  
Zenkutsu dachi, heiko dachi en shiko dachi heikaku

##### Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi

## **Keri Waza**

Gedan geri  
Mae geri  
Mawashi geri  
Kansetsu geri  
Sokuto geri  
Ura mawashi geri  
Ushiro geri

*Bovenstaande traptechnieken worden vanuit verschillende standen worden gevraagd.*

## **2. IDORENSYU HO**

### **Kihon Ido 1**

### **Kihon Ido 2**

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki
Sanchin dachi	-	Yoko uke shita barai, morote zuki
Sanchin dachi	-	Chudan seiken zuki, mae geri
Zenkutsu dachi	-	Mae geri, chudan seiken zuki
Shiko dachi shakaku	-	Mawashi hiji ate yonhon doza
Zenkutsu dachi	-	Mae hiji ate, chudan seiken zuki
Shiko dachi chokkaku	-	Tettsui, uraken uchi
Sanchin dachi	-	Mae geri, mawashi geri
Zenkutsu dachi	-	Mae geri, mae hiji ate yonhon doza
Hanzenkutsu dachi	-	Sokuto geri, chudan seiken zuki
Shiko dachi shakaku	-	Kansetsu geri, age zuki yonhon doza

## **3. KATA**

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2  
Gekisai dai ichi  
Gekisai dai ni  
Saifa

## **4. KUMITE**

### **Kihon Yakusoku kumite 1, 2**

### **Nekoashi dachi kihon kumite**

5.	Aanval:	Suriashi dachi	-	Jodan seiken zuki
	Verdediging:	Tenshin sanchin dachi, jodan age uke	-	Chudan hiki zuki
6.	Aanval:	Zenkutsu dachi	-	Chudan seiken zuki
	Verdediging:	Tenshin hanzenkutsu dachi, shuto uke	-	Jodan hiki zuki
7.	Aanval:	Shiko dachi shakaku	-	Chudan seiken zuki
	Verdediging:	Tenshin shiko dachi heikaku, gedan haraiotoshi uke	-	Chudan hiki zuki
8.	Aanval:	Mae geri	-	Hanzenkutsu dachi
	Verdediging:	Kokutsu dachi, gedan haraiotoschi uke	-	Ura uchi ken
9.	Aanval:	Zenkutsu dachi	-	Chudan seiken zuki
	Verdediging:	Tenshin nekoashi dachi, kake uke	-	Mae geri

*Bovenstaande aanvals- en verdedigingstechnieken zowel links als rechts uitvoeren.*

**Kata bunkai kumite**

Totale applicatie kata bunkai kumite: Gekisai dai ichi

**Jiyu kumite**

# 3<sup>e</sup> KYU

## 1. KIHONRENSYU HO

### Kihon

#### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Uchi hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi  
Moto dachi

#### Uke Waza

Sanchin dachi - Jodan age uke  
Zenkutsu dachi - Chudan yoko uke  
Shiko dachi heikaku - Gedan haraiotoshi uke  
Sanchin dachi - Yoko uke shita barai  
Sanchin dachi - Uwa uke shita barai  
Heiko dachi - Chudan uchi uke  
Heiko dachi - Kake uke  
Heiko dachi - Mawashi uke  
Heiko dachi - Shuto uke

#### Tsuki Waza

Sanchin dachi - Sanbon renzuki  
Zenkutsu dachi - Sanbon renzuki  
Shiko dachi heikaku - Sanbon renzuki  
Heiko dachi - Sokuho zuki  
Shiko dachi heikaku - Shita zuki  
Heiko dachi - Age zuki  
Moto dachi - Kizami zuki - chudan hiki zuki  
Heiko dachi - Nukite zuki  
Heiko dachi - Ippon nukite zuki

#### Ate Waza Mae

hiji ate Ushiro  
hiji ate Mawashi  
hiji ate Yoko hiji  
ate Otoshi hiji  
ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:  
Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi - Hiza ate  
Heiko dachi - Teisho ate

## **Uchi Waza**

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi

## **Keri Waza**

Gedan geri  
Mae geri  
Mawashi geri  
Kansetsu geri  
Sokuto geri  
Ura mawashi geri  
Ushiro geri  
Kakato otoshi geri

*Bovenstaande traptechnieken worden vanuit verschillende standen gevraagd.*

## **2. IDORENSYU HO**

### **Nekoashi Kihon Ido 2**

1. Sanchin dachi - jodan age uke, chudan seiken zuki
2. Zenkutsu dachi - Chudan yoko uke, jodan seiken zuki
3. Shiko dachi shakaku - haraotoshi uke, chudan seiken zuki
4. Sanchin dachi - Yoko uke shita barai, morote zuki

### **3. KATA**

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2  
Gekisai dai ichi  
Gekisai dai ni  
Sanchin  
Saifa

### **4. KUMITE**

#### **Kihon Yakusoku kumite 1, 2 Nekoashi dachi kihon kumite**

##### **Yonhon Kumite**

1. Aanval:	Tsugiashi	-	Jodan seiken zuki
Verdediging:	Tenshin hikiashi	-	Chudan seiken zuki
5. Aanval:	Ayumiashi	-	Jodan seiken zuki
Verdediging:	Tenshin nekoashi dachi	-	Jodan seiken zuki
6. Aanval:	Shiko dachi	-	Chudan seiken zuki
Verdediging:	Ayumiashi gedan uke	-	Jodan urauchi
7. Aanval:	motodachi	-	Mae geri
Verdediging:	Tenshin nekoashi dachi	-	Mae geri
8. Aanval:	Motodachi	-	Mawashi geri
Verdediging:	Tenshin nekoashi dachi	-	Mawashi geri

##### **Kata bunkai kumite**

Totale applicatie kata bunkai kumite: Gekisai dai ichi

##### **Jiyu kumite**

Goju kumite



## 2<sup>e</sup> KYU

### 1. KIHONRENSYU HO

#### Kihon

##### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Uchi hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi  
Moto dachi

##### Uke Waza

Sanchin dachi - Jodan age uke  
Zenkutsu dachi - Chudan yoko uke  
Shiko dachi heikaku - Gedan haraiotoshi uke  
Sanchin dachi - Yoko uke shita barai  
Sanchin dachi - Uwa uke shita barai  
Heiko dachi - Chudan uchi uke  
Heiko dachi - Kake uke  
Heiko dachi - Mawashi uke  
Heiko dachi - Shuto uke

##### Tsuki Waza

Sanchin dachi - Sanbon renzuki  
Zenkutsu dachi - Sanbon renzuki  
Shiko dachi heikaku - Sanbon renzuki  
Heiko dachi - Sokuho zuki  
Shiko dachi heikaku - Shita zuki  
Heiko dachi - Age zuki  
Moto dachi - Kizami zuki - chudan hiki zuki  
Heiko dachi - Nukite zuki  
Heiko dachi - Ippon nukite zuki  
Heiko dachi - Nihon nukite zuki

##### Ate Waza Mae

hiji ate Ushiro  
hiji ate Mawashi  
hiji ate Yoko hiji  
ate Otoshi hiji  
ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:  
Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi - Mae hiza ate  
Hanzenkutsu dachi - Mawashi hiza ate  
Heiko dachi - Teisho ate

### **Uchi Waza**

- Heiko dachi - Uraken uchi shomen
- Heiko dachi - Uraken uchi sayu 1
- Heiko dachi - Uraken uchi sayu 2
- Heiko dachi - Shuto uchi
- Heiko dachi - Tettsui uchi
- Heiko dachi - Furi uchi
- Heiko dachi - Haito uchi

### **Keri Waza**

- Gedan geri
- Mae geri
- Mawashi geri
- Kansetsu geri
- Sokuto geri
- Ura mawashi geri
- Ushiro mawashi geri
- Ushiro geri
- Kakato otoshi geri

*Bovenstaande traptechnieken worden vanuit verschillende standen gevraagd.*

## **2. IDORENSYU HO**

### **Nekoashi Kihon Ido 2**

1. Sanchin dachi - jodan age uke, chudan seiken zuki
2. Zenkutsu dachi - Chudan yoko uke, jodan seiken zuki
3. Shiko dachi shakaku - haraotoshi uke, chudan seiken zuki
4. Sanchin dachi - Yoko uke shita barai, morote zuki
5. Sanchin dachi - Chudan seiken zuki, chudan mae geri
6. Zenkutsu dachi - Mae geri, chudan seiken zuki
7. Shiko dachi shakaku - Mawashi hiji ate Yonhon doza
8. Zenkutsu dachi - Mae hiji, chudan seiken zuki
9. Shiko dachi Chokkaku - tettsui uchi, uraken uchi

## **3. KATA**

- Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2
- Gekisai dai ichi
- Gekisai dai ni
- Sanchin
- Saifa

## **4. KUMITE**

### **Kihon Yakusoku kumite 1, 2** **Nekoashi dachi kihon kumite** **Yonhon kumite**

#### **Moto dachi Nanahon kumite**

1. Aanval: Tsugi ashi - Jodan seiken zuki  
Verdediging: Hiki ashi - Jodan uchi uke, chudan hiki zuki
2. Aanval: Tsuki ashi - Chudan gyaku zuki  
Verdediging: Sabaki - Gedan uke, jodan hiki zuki
3. Aanval: Tsugi ashi - Jodan zuki, chudan seiken zuki  
Verdediging: Jodan uchi uke, sabaki gedan uke - chudan zuki
4. Aanval: Ayumi ashi - Jodan seiken zuki  
Verdediging: Tenshin - Jodan nagashi uke, chudan hiki zuki
5. Aanval: Yori ashi - Mae geri  
Verdediging: Sabaki - Gedan uke, chudan hiki zuki
6. Aanval: Tsugi ashi - Mae geri  
Verdediging: Sabaki - Gedan uke, jodan kizami zuki
7. Aanval: Ayumi ashi - Ura uchi  
Verdediging: Sabaki - Jodan uchi uke, ura uchi

**Kata bunkai kumite**

Totale applicatie kata bunkai kumite: Gekisai dai ichi

**Jiyu kumite**

Goju kumite

# 1<sup>e</sup> KYU

## 1. KIHONRENSYU HO

### Kihon

#### Tachi Kata

Heisoku dachi  
Musubi dachi  
Heiko dachi  
Soto hachi dachi  
Uchi hachi dachi  
Shiko dachi  
Sanchin dachi  
Hanzenkutsu dachi  
Zenkutsu dachi  
Nekoashi dachi  
Moto dachi

#### Uke Waza

Sanchin dachi - Jodan age uke  
Zenkutsu dachi - Chudan yoko uke  
Shiko dachi heikaku - Gedan haraiotoshi uke  
Sanchin dachi - Yoko uke shita barai  
Sanchin dachi - Uwa uke shita barai  
Heiko dachi - Chudan uchi uke  
Heiko dachi - Kake uke  
Heiko dachi - Mawashi uke  
Heiko dachi - Shuto uke  
Heiko dachi - Gedan teisho uke

#### Tsuki Waza

Sanchin dachi - Sanbon renzuki  
Zenkutsu dachi - Sanbon renzuki  
Shiko dachi heikaku - Sanbon renzuki  
Heiko dachi - Sokuho zuki  
Shiko dachi heikaku - Shita zuki  
Heiko dachi - Age zuki  
Heiko dachi - Nukite zuki  
Heiko dachi - Ippon nukite zuki  
Heiko dachi - Nihon nukite zuki  
Moto dachi - Kizami zuki - chudan hiki zuki

#### Ate Waza Mae

hiji ate Ushiro  
hiji ate Mawashi  
hiji ate Yoko hiji  
ate Otoshi hiji  
ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:  
Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi - Hiza ate  
Hanzenkutsu dachi - Mawashi hiza ate  
Heiko dachi - Teisho ate

## **Uchi Waza**

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi

## **Keri Waza**

Gedan geri  
Mae geri  
Mawashi geri  
Kansetsu geri  
Sokuto geri  
Ura mawashi geri  
Ushiro mawashi geri  
Ushiro geri  
Kakato otoshi geri

*Bovenstaande traptechnieken worden vanuit verschillende standen gevraagd.*

## **2. IDORENSYU HO**

### **Nekoashi Kihon Ido 2**

1. Sanchin dachi - jodan age uke, chudan seiken zuki
2. Zenkutsu dachi - Chudan yoko uke, jodan seiken zuki
3. Shiko dachi shakaku - haraotoshi uke, chudan seiken zuki
4. Sanchin dachi - Yoko uke shita barai, morote zuki
5. Sanchin dachi - Chudan seiken zuki, chudan mae geri
6. Zenkutsu dachi - Mae geri, chudan seiken zuki
7. Shiko dachi shakaku - Mawashi hiji ate Yonhon doza
8. Zenkutsu dachi - Mae hiji, chudan seiken zuki
9. Shiko dachi Chokkaku - tettsui uchi, uraken uchi
10. Sanchin dachi - mae geri, mawashi geri
11. Zenkutsu dachi - Mae geri, mae hiji ate yonhon doza
12. Hanzenkutsu dachi - Sokuto geri, chudan seiken zuki
13. Shiko dachi shakaku - Kansetsu geri, age zuki yonhon doza

## **3. KATA**

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2  
Gekisai dai ichi  
Gekisai dai ni  
Sanchin  
Saifa  
Seinchin

## **4. KUMITE**

**Kihon Yakusoku kumite 1, 2**  
**Nekoashi dachi kihon kumite**  
**Moto dachi Nanahon kumite**  
**Yonhon kumite**

### **Yonhon kumite uradori - Tenshin**

1. De aanvaller verdedigt de tegenaanval, chudan seiken zuki, met gedan uke gevolgd met jodan seiken zuki
2. De aanvaller verdedigt de tegenaanval, jodan seiken zuki, met jodan uchiuke gevolgd met chudan seiken zuki
3. De aanvaller verdedigt de tegenaanval, jodan urauchi, met jodan teisho uke gevolgd met jodan urauchi
4. De aanvaller verdedigt de tegenaanval, mae geri, met gedan uke gevolgd met chudan seiken zuki
5. De aanvaller verdedigt de tegenaanval, mawashi geri, met jodan uchiuke gevolgd met chudan seiken zuki

**Kata bunkai kumite**

Totale applicatie kata bunkai kumite: Gekisai dai ichi en saifa

**Jiyu kumite**

Goju kumite