

# 2e kyu - bruine band II

exameneisen bruine band 3e kyu en aanvullend hieronder

## KIHON

- |    |   |                                       |     |
|----|---|---------------------------------------|-----|
| 1. | ➡ | Otoshi Uraken Uchi                    | 3 x |
| 2. | ➡ | Yoko Uraken Uchi                      | 3 x |
| 3. | ➡ | Gyaku Shuto Uchi                      | 3 x |
| 4. | ➡ | Yoko Tetsui Uchi K.B.D. ( rugwaarts ) | 3 x |

Bovenstaande zowel links als rechts uitvoeren

## RENZOKUWAZA

- ➡ Sanbon Zuki ➡ Mae Geri x Gyaku Zuki
- ➡ Mae Geri x Kizami Zuki ➡ Ushiro Geri x Ura Shuto Uchi x Gyaku Zuki

## KATA

Bassai Dai

## Oyo Bunkai Kata

Vrije uitleg van Heian Nidan of Heian Yondan

## KUMITE

Ippon Kumite / Jiyu Ippon Kumite / Renzoku Kumite / Jiyu Kumite

## STANDEN

|                 |            |
|-----------------|------------|
| Zenkutsu Dachii | ( Z.K.D. ) |
| Kokutsu Dachii  | ( K.K.D. ) |
| Kiba Dachii     | ( K.B.D. ) |
| Hachi Dachii    | ( H.D. )   |
| Hanmi Dachii    | ( H.M.D. ) |
| Fudo Dachii     | ( F.D.D. ) |
| Nekoashi Dachii | ( N.K.D. ) |
| Musubi Dachii   | ( M.S.D. ) |

Belangrijk is Correcte houding, vormtechnisch juist, geautomatiseerde techniek