

5e kyu - Groene band

exameneisen oranjeband en aanvullend hieronder

KIHON

1.	➡	Z.K.D.	Jodan Tate Enpi
2.	➡	Z.K.D.	Shuto Uchi Jodan
3.	➡	Z.K.D.	Mae Geri x Mawashi Geri
4.	➡	Z.K.D.	Mae Geri x Kizami Zuki x Gyaku Zuki
5.	➡ ←	Z.K.D. / K.B.D.	Soto Uke x Yoko Enpi Uchi
6.	➡	Z.K.D.	Jodan Nihon Nukite
7.	➡	Z.K.D.	Mawashi Geri x Shuto Uchi Jodan
8.	➡ ←	Z.K.D.	Age Uke x Gedan Barai x Gyaku Zuki
9.	➡	Z.K.D.	Gyaku Shuto Uchi

KATA

Heian Sandan

Oyo Bunkai, eerste combinatietechniek van Heian Nidan

KUMITE

Renzoku Kumite

Aanval:

Oi Zuki Jodan ➡ Mae Geri

Blokkering:

Jodan Juji Uke ← Gedan Kake Uke x Yoko Uraken Uchi x Ura Zuki

Jiyu Kumite

3 partijen van 2 minuten

Belangrijk is Kiba Dachi, Correcte vormen, Hami / shomen zichtbaar, traptechniek, conditie