

## 1<sup>e</sup> Kyu

<b>Techniek</b>	<b>Aanval</b>	<b>Notities</b>
IKKYO	USHIRO ERI DORI JODAN TSUKI	
NIKYO	CHUDAN TSUKI JODAN TSUKI	
SANKYO	CHUDAN TSUKI JODAN TSUKI	
GOKYO	SHOMEN UCHI	
KOTE GAESHI	CHUDAN TSUKI USHIRO ERI DORI	
SHIHO NAGE	MUNA DORI JODAN TSUKI USHIRO ERI DORI USHIRO KATATE DORI KUBISHIME	
JUJI GARAMI	KATATE RYOTE DORI	

Bij alle technieken wordt, indien toepasbaar, Omote en Ura gevraagd.

## 2<sup>e</sup> Kyu

Techniek	Aanval	Notities
IKKYO	KATA DORI MEN UCHI USHIRO RYO KATA DORI	
NIKYO	KATA DORI MEN UCHI USHIRO RYO KATA DORI	
SANKYO	KATATE DORI KATA DORI KATA DORI MEN UCHI USHIRO RYOTE DORI	
GOKYO	YOKOMEN UCHI	
KOTE GAESHI	RYOTE DORI KATA DORI MEN UCHI	
SHIHO NAGE	KATA DORI MEN UCHI SHOMEN UCHI	
IRIMI NAGE	KATATE RYOTE DORI RYOTE DORI CHUDAN TSUKI KATA DORI MEN UCHI	
SOTO KAITEN NAGE	SHOMEN UCHI	
UCHI KAITEN NAGE	SHOMEN UCHI	
HIJI KIMI OSAE	JODAN TSUKI	
SUMI OTOSHI	KATATE DORI	
AIKI OTOSHI	USHIRO RYO KATA DORI	
KOSHI NAGE	AIHAMMI KATATE DORI	
JUJI GARAMI	USHIRO RYOTE DORI	
SOKUMEN IIRIMI NAGE	USHIRO RYO KATA DORI	
<b>SUWARI WAZA</b>		
GOKYO	YOKOMEN UCHI	
KOTE GAESHI	KATATE DORI	
IRIMI NAGE	KATATE DORI YOKOMEN UCHI	
<b>HAMMI HANDACHI WAZA</b>		
SHIHO NAGE	RYOTE DORI	
SOTO KAITEN NAGE	KATATE DORI	

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## 3<sup>e</sup> Kyu

Techniek	Aanval	Notities
IKKYO	KATA DORI MEN UCHI RYOTE DORI YOKOMEN UCHI USHIRO RYOTE DORI	
NIKYO	KATATE RYOTE DORI SHOMEN UCHI YOKOMEN UCHI USHIRO RYOTE DORI	
SANKYO	SHOMEN UCHI YOKOMEN UCHI	
YONKYO	SHOMEN UCHI YOKOMEN UCHI	
KOTE GAESHI	USHIRO RYOTE DORI KATATE RYOTE DORI YOKOMEN UCHI	
SHIHO NAGE	RYOTE DORI USHIRO RYOTE DORI	
IRIMI NAGE	USHIRO RYOTE DORI YOKOMEN UCHI	
SOTO KAITEN NAGE	KATATE DORI	
UDE KIMI NAGE	KATATE RYOTE DORI USHIRO RYOTE DORI	
KOKYU HO	KATATE DORI	
<b>SUWARI WAZA</b>		
IKKYO	KATATE DORI KATA DORI	
NIKYO	KATATE DORI KATA DORI SHOMEN UCHI	
SANKYO	SHOMEN UCHI	
KOTE GAESHI	SHOMEN UCHI	
<b>HAMMI HANDACHI WAZA</b>		
SHIHO NAGE	KATATE DORI	
IRIMI NAGE	KATATE DORI	
UCHI KAITEN NAGE	SHOMEN UCHI	

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## 4<sup>e</sup> Kyu

Techniek	Aanval	Notities
IKKYO	KATATE DORI KATA DORI	
NIKYO	KATA DORI KATATE DORI AIHAMMI KATATE DORI	
SANKYO	USHIRO RYOTE DORI AIHAMMI KATATE DORI	
KOTE GAESHI	AIHAMMI KATATE DORI SHOMEN UCHI KATATE DORI	
SHIHO NAGE	YOKOMEN UCHI	
IRIMI NAGE	KATATE DORI	
TENCHI NAGE	RYOTE DORI	
UCHI KAITEN NAGE	KATATE DORI	
UDE KIMI NAGE	AIHAMMI KATATE DORI KATATE DORI YOKOMEN UCHI	
SOKUMEN IRIMI NAGE	KATATE DORI	
<b>SUWARI WAZA</b>		
IKKYO	AIHAMMI KATATE DORI SHOMEN UCHI	
IRIMI NAGE	AIHAMMI KATATE DORI SHOMEN UCHI	

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## 5<sup>e</sup> Kyu

<b>Techniek</b>	<b>Aanval</b>	<b>Notities</b>
IKKYO	AIHAMMI KATATE DORI SHOMEN UCHI	
SHIHO NAGE	AIHAMMI KATATE DORI	
IRIMINAGE	AIHAMMI KATATE DORI	
TENCHI NAGE	KATATE DORI	
SEIZA KOKYU HO	RYOTE DORI	

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## 6<sup>e</sup> Kyu

Techniek	Aanval	Notities
DOJO ETTIQUETTE		
TELLEN		
MAE UKEMI		
USHIRO UKEMI		
SHIKKO		
TAISABAKI: IRIMI TENKAN	KATATE DORI	
IKKYO	AIHAMMI KATATE DORI	
SHIHO NAGE	AIHAMMI KATATE DORI	
IRIMI NAGE	AIHAMMI KATATE DORI	
SEIZA KOKYU HO	RYOTE DORI	

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