



Jeugd exameneisen oranje band

9e kyu oranje band	Oranje band	Blauw	Geel
Dachi <i>Standen</i>	Heisoku dachi	Musubi dachi	Kokutsu dachi
Tsuki <i>Stoottechnieken</i>	Seiken kagi tsuki	Seiken tate tsuki (J/C/G)	Hiji ate (C/J)
Uke <i>Afweerttechnieken</i>		Shuto gedan barai	Shuto chudan uchi uke
Geri <i>Traptechnieken</i>	Mawashi geri (G/C)	Kansetsu geri	Yoko geri Chudan
Ido <i>Kihon in beweging</i>		Bewegen in Sanchin dachi	
Kata <i>schijngevecht</i>	Taikyoku sono ichi	Kihon kata sono ichi	Taikyoku sono ni
Renraku <i>combinaties</i>		1e) Mae geri chudan, Seiken chudan gyaku tsuki	
Stamina <i>oefeningen</i>	10x push ups	11x push ups	12x push ups
	10x sit-ups	11x sit-ups	12x sit-ups
	10x squats	11x squats	12x squats
Kumite vechten	Juji kumite 3x 60sec	Juji kumite 3x 60sec	Juji kumite 4x 60sec

9e kyu oranje band	Groen	Bruin	Zwart
Dachi <i>Standen</i>	Kiba dachi	Neko ashi dachi	Tsuru ashi dachi
Tsuki <i>Stoottechnieken</i>	Uraken ganmen uchi Uraken hizo uchi	Tettsui komi kami Tettsui hizo uchi	Uraken sayu Ganmen uchi Uraken mawashi uchi
Uke <i>Afweerttechnieken</i>	Shuto chudan soto uke	Shuto jodan uke	Shuto mawashi uke
Geri <i>Traptechnieken</i>	Mawashi geri Jodan	Yoko geri Jodan	Ago jodan geri
Ido <i>Kihon in beweging</i>	Bewegen in kokutsu dachi		Bewegen in neko ashi dachi
Kata <i>schijngevecht</i>	Taikyoku sono san	Sokugi taikyoku sono ichi	Sokugi taikyoku sono ni Sokugi taikyoku sono san
Renraku <i>combinaties</i>			
Stamina <i>oefeningen</i>	13x push ups 13x sit-ups 13x squats	9x push ups 9x sit-ups 9x squats	10x push ups 10x sit-ups 10x squats
Kumite vechten	juji kumite 4x 60sec	juji kumite 2x 30sec	juji kumite 2x 60sec

