

EXAMENEISEN N.O.G.K.A.

10 487 → 130.

654 → 135.

321 → 140

< 15 für die helfft



沖繩
割柔流



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Voorwoord

Hierbij vindt U de examen eisen van de NOGKA. De examen eisen zijn samengesteld op basis van de richtlijnen van de IOGKF en de persoonlijke ervaring van ondergetekenden met lesgeven en examineren.

De exameneisen zijn in de eerste plaats bedoeld als handleiding voor een evenwichtige opbouw van de training in het Okinawa Goju-Ryu Karate-do. In de tweede plaats kunnen ze een steun zijn bij de voorbereiding op een examen.

De exameneisen beschrijven echter alleen de 'vaste stof' en gaan niet in op de onderliggende opbouw van lichamelijke en geestelijke vaardigheden en bewegingskwaliteiten die de rijpingsgraad van iemands Karate-do beoefening bepalen. Gerichte informatie over dit laatste vindt je in een apart verkrijgbare bijlage.

Een uitgebreide lijst met uitleg van de Japanse en Okinawaanse termen is te verkrijgen bij ondergetekenden of je Dojo instructeur.

Hopelijk steunt deze Syllabus je in een zinvolle Karate-do training.

Wageningen/Nijmegen, 1 november 1992

H. de Spa
S. Leijenhorst

10e KYU (JU KYU)

I mceipye

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi

(vanuit Heiko of Sanchin Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki

Ura Zuki
Age Zuki

Awase Zuki

Uraken Uchi
Shuto Uchi

Hiji Ate

Uke Waza

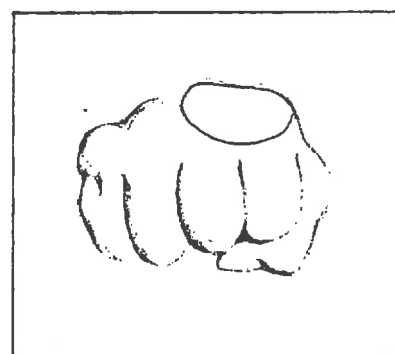
Jodan Age Uke
Chudan Yoko Uke
Chudan Uchi Uke
Gedan Harai Uke

Geri Waza

Hiza Geri
Mae Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai



9e KYU (KU KYU)

Il Meppu

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Opdrukken 10x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu of
Zenkutsu Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki

Ura Zuki
Age Zuki

Awase Zuki

Uraken Uchi
Shuto Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Chudan Uchi Uke
Gedan Harai Uke

Geri Waza

Hiza Geri
Mae Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai

Ido Kihon Gijutsu

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

A.

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki

B.

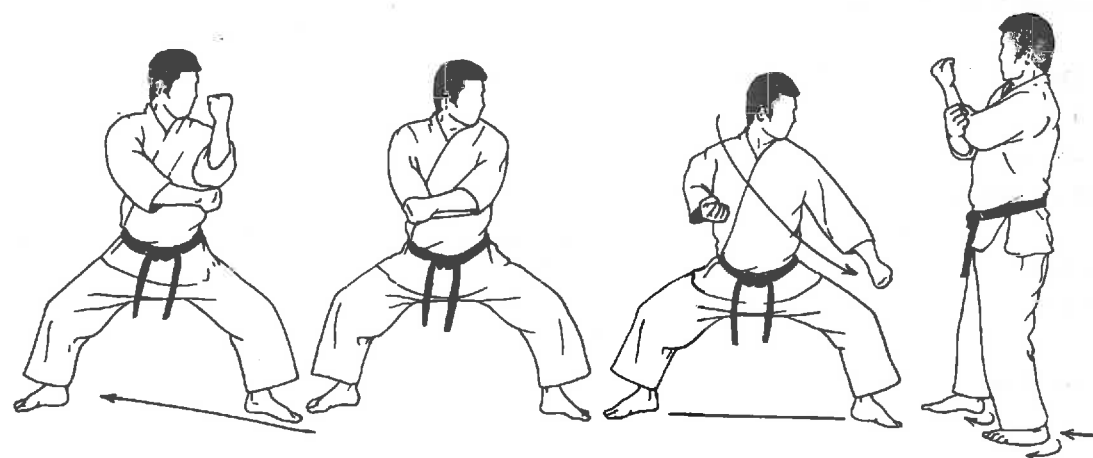
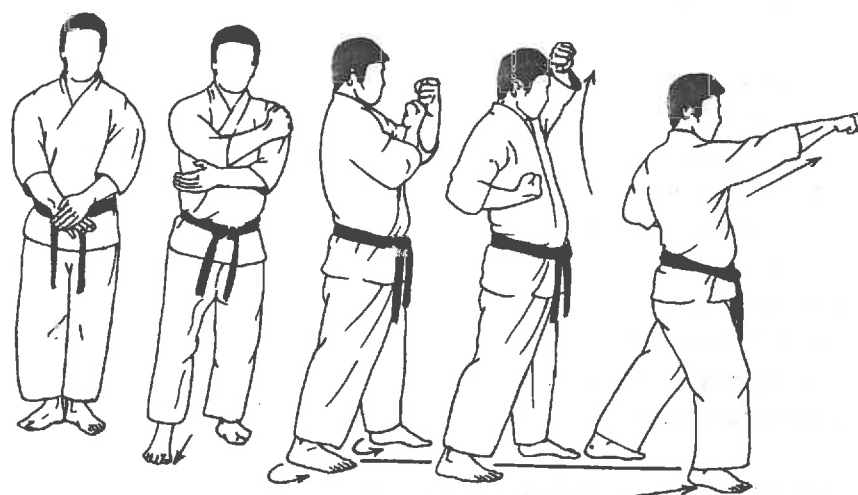
Jodan Age Uke
Chudan Yoko Uke
Chudan Uchi Uke
Gedan Harai Uke

C.

Mae Geri

KATA

Gekisai Dai Ichi



8e KYU (HACHI KYU)

III Meinyu

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Opdrukken 15x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu of
Zenkutsu Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki

Ura Zuki
Age Zuki

Awase Zuki

Uraken Uchi
Shuto Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Chudan Uchi Uke
Gedan Harai Uke
Uchi Gedan Harai Uke

Geri Waza

Hiza Geri
Mae Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai

Ido Kihon Gijutsu

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

A.

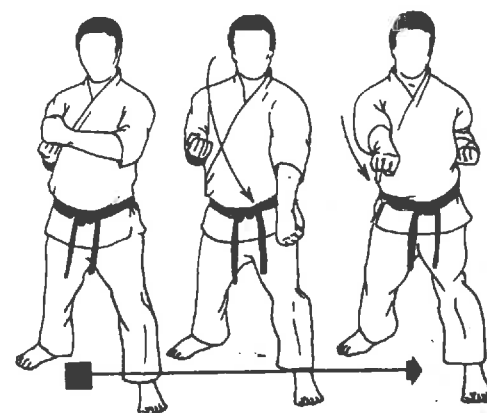
Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Sanbon Zuki

B.

Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki
Gedan Harai Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki

C.

Mae Geri
Mae Geri + Gyaku Zuki
Mae Geri + Maeken Zuki + Gyaku Zuki



KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)

Yakusoku Kumite

Kihon Ippon Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi

KATA

Gekisai Dai Ichi

第一世圖

軍刀赴会手勝



獨戰轅門手敗



7e KYU (ROK KYU)

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Opdrukken 20x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu of
Zenkutsu Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Ura Zuki
Age Zuki

Awase Zuki

Sanbon Zuki
San Ren Zuki

Uraken Uchi
Shuto Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Chudan Uchi Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke

Tora Guchi

Geri Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai

Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki

Gyaku Zuki

Jodan Oi Zuki + Chudan Gyaku Zuki

Chudan Gyaku Zuki + Jodan Jun Zuki

Jodan Uraken Uchi + Chudan Gyaku Zuki

Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Sanbon Zuki

B.

(Sanchin, Han Zenkutsu en Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki

Chudan Yoko Uke + Gyaku Zuki

Chudan Yoko Uke + Jun Zuki + Gyaku Zuki

Chudan Uchi Uke + Jodan Gyaku Zuki

Gedan Harai Uke + Gyaku Zuki

Uchi Gedan Harai Uke + Gyaku Zuki

Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki

Chudan Hiki Uke + Chudan Gyaku Zuki

Chudan Hiki Uke + San Ren Zuki

Yoko Oi Zuki

Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)

C.

(Han Zenkutsu Dachi of Zenkutsu Dachi)

Mae Geri
Mawashi Geri
Sokuto Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
Zenshin/Kotai

KUMITE

Tanren Kumite

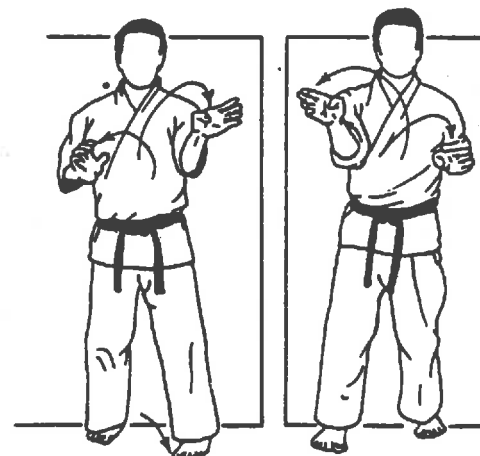
San Dan Uke Harai (San Dan Gi)
Kakie
Ude Tanren

Yakusoku Kumite

Ippon Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi
Gekisai Dai Ichi Renzoku Bunkai Kumite



KATA

Gekisai Dai Ichi
Gekisai Dai Ni

6e KYU (ROK KYU)

geel + 1 streepje 六

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Opdrukken 25x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu of
Zenkutsu Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki

Ura Zuki
Age Zuki

Awase Zuki

Sanbon Zuki
San Ren Zuki

Uraken Uchi
Shuto Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Chudan Uchi Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke

Tora Guchi

Geri Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai

Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki

Gyaku Zuki

Jodan Oi Zuki + Chudan Gyaku Zuki

Chudan Gyaku Zuki + Jodan Jun Zuki

Jodan Uraken Uchi + Chudan Gyaku Zuki

Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Sanbon Zuki

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki

Chudan Yoko Uke + Gyaku Zuki

Chudan Yoko Uke + Jun Zuki + Gyaku Zuki

Chudan Uchi Uke + Jodan Gyaku Zuki

Gedan Harai Uke + Gyaku Zuki

Uchi Gedan Harai Uke + Gyaku Zuki

Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki

Chudan Hiki Uke + Chudan Gyaku Zuki

Chudan Hiki Uke + San Ren Zuki

Yoko Oi Zuki

Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)

C.

(Han Zenkutsu Dachi en Zenkutsu Dachi)

Mae Geri
Mawashi Geri
Sokuto Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)
Kakie
Ude Tanren

Yakusoku Kumite

Ippon Kumite
Sanbon Kumite
Sandan Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi
Gekisai Dai Ichi Renzoku Bunkai Kumite
Kihon Bunkai Gekisai Dai Ni

KATA

Gekisai Dai Ichi
Gekisai Dai Ni

第廿五回



穿心短手敗

拿拔前手勝
化解用手逆脚剪法

5e KYU (GO KYU)

Groen

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Nigiri Game
Opdrukken 30x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi
Sagi Ashi Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu of
Zenkutsu Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Sun Zuki

Ura Zuki
Age Zuki
Mawashi Zuki

Furi Zuki
Kagi Zuki
Yama Zuki

Awase Zuki
Heiko Zuki

Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Haishu Uchi
Ko Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Jodan Soto Yoko Uke
Morote Chudan Yoko Uke
Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke



Hiki Uke
Kake Uke
Ura Uke
Sukui Uke
Shotei Yoko Uke
Otoshi Uke
Ko Uke

Tora Guchi

Geri Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai



Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki

Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Sanbon Zuki

Kizami Zuki + Mawashi Zuki
Kizami Zuki + Mawashi Zuki + Gedan Geri
Kizami Zuki + Age Zuki + Gedan Geri
Kizami Zuki + Hineri Hiji Ate + Ura Zuki

Jodan Hineri Hiji Ate + Uraken Uchi + Ura Zuki
Mawashi Zuki + Kizami Zuki + Gedan Mawashi Geri
Age Zuki + Mawashi Zuki + Mawashi Geri

Kizami Zuki + Mae Geri + Mawashi Geri
Kizami Zuki + Ushiro Geri
Kizami Zuki + Hiza Geri
Kizami Zuki + Hiza Geri + Hiji Ate

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
Gedan Harai Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki
Chudan Hiki Uke + Chudan Gyaku Zuki
Chudan Hiki Uke + San Ren Zuki
Yoko Oi Zuki
Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki

Hiki Uke + Shuto Mawashi Uchi
Hiki Uke + Mawashi Geri + Gyaku Zuki
Hiki Uke + Sokuto Geri
Hiki Uke + Sokuto Geri + Gyaku Zuki
Gedan Barai + Gyaku Zuki
Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu Dachi of Zenkutsu Dachi)

Mae Geri
Mawashi Geri
Sokuto Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
Zenshin/Kotai
Sa Yu
Sa Yu Zenpo Naname
Sa Yu Kotai Naname

Ook met enkel- en meervoudige technieken.

Taihiraki/Taisabaki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)
Kakie
Ude Tanren

Yakusoku Kumite

Ippon Kumite
Sanbon Kumite
Sandan Kumite

Bunkai Kumite

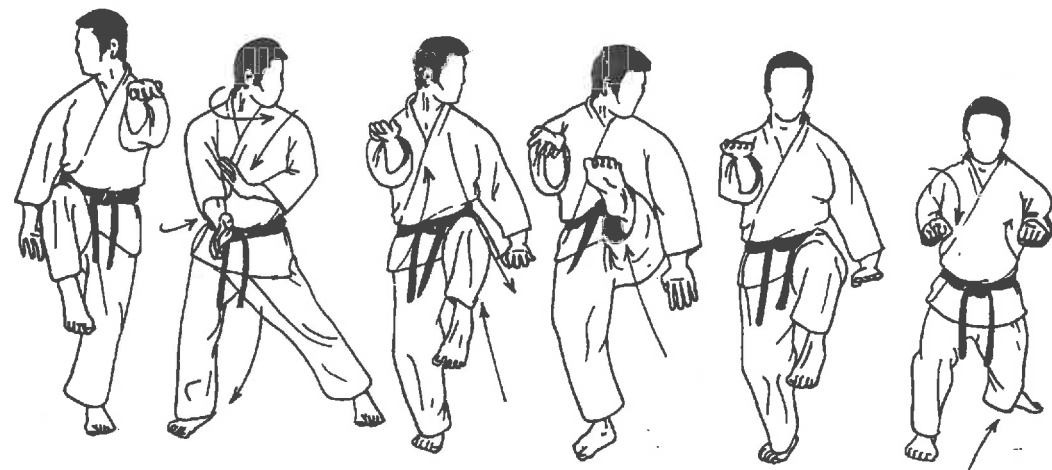
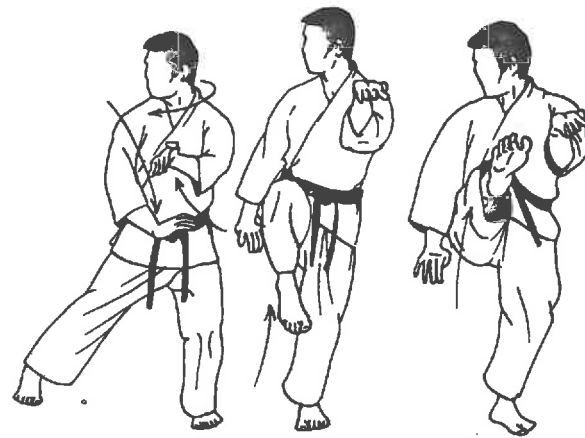
Kihon Bunkai Gekisai Dai Ichi
Gekisai Dai Ichi Renzoku Bunkai Kumite
Kihon Bunkai Gekisai Dai Ni
Gekisai Dai Ni Renzoku Bunkai Kumite

Jiyu Kumite

Jiyu Ippon Kumite

KATA

Gekisai Dai Ichi
Gekisai Dai Ni
Sanchin
Saifa



4e KYU (YON KYU) *groen met streepje*

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Nigiri Game
Opdrukken 35x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi
Sagi Ashi Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu of
Zenkutsu Dachi)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Sun Zuki

Ura Zuki
Age Zuki
Mawashi Zuki

Furi Zuki
Kagi Zuki
Yama Zuki

Awase Zuki
Heiko Zuki

Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Haishu Uchi
Ko Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke

Jodan Soto Yoko Uke
Morote Chudan Yoko Uke

Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke
Ura Uke
Sukui Uke
Shotei Yoko Uke
Otoshi Uke
Ko Uke

Tora Guchi

Geri Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri

Ushiro Geri

Ashi Barai

Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Sanbon Zuki

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
Gedan Harai Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki
Chudan Hiki Uke + Chudan Gyaku Zuki
Chudan Hiki Uke + San Ren Zuki
Yoko Oi Zuki
Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi
Hiki Uke + Mawashi Geri + Gyaku Zuki
Hiki Uke + Sokuto Geri
Hiki Uke + Sokuto Geri + Gyaku Zuki
Gedan Barai + Gyaku Zuki
Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu en Zenkutsu Dachi)

Mae Geri
Mawashi Geri
Sokuto Geri
Ushiro Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:

Zenshin/Kotai

Sa Yu

Sa Yu Zenpo Naname

Sa Yu Kotai Naname

Ook met enkel- en meervoudige technieken.

Taisabaki/Taihiraki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)

Kakie

Ude Tanren

Yakusoku Kumite

Ippon Kumite

Sanbon Kumite

Sandan Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi

Gekisai Dai Ichi Renzoku Bunkai Kumite

Kihon Bunkai Gekisai Dai Ni

Gekisai Dai Ni Renzoku Bunkai Kumite

Kihon Bunkai Saifa

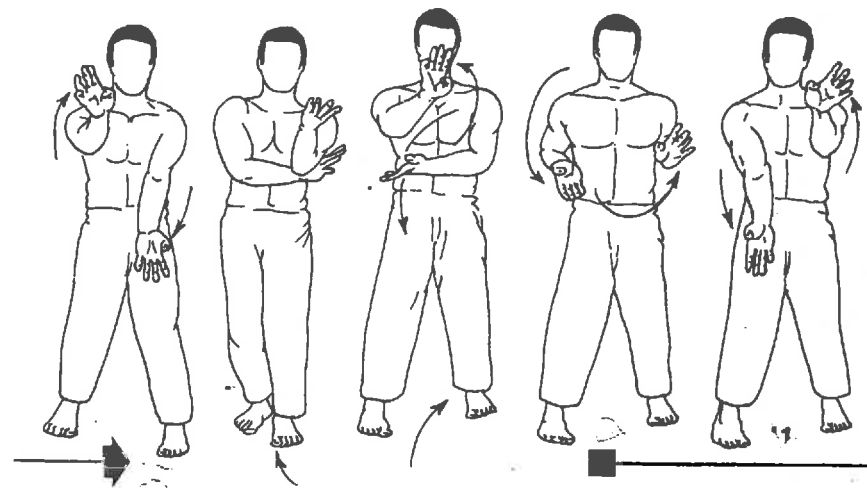
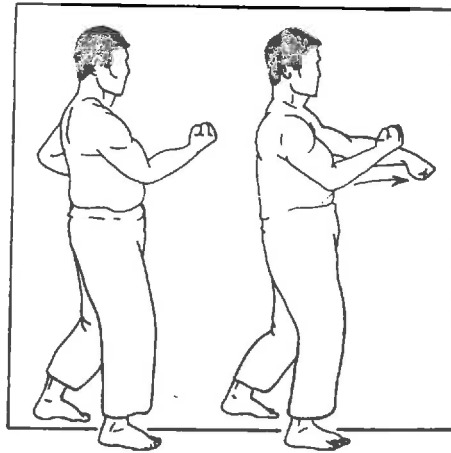
Jiyu Kumite

Jiyu Ippon Kumite

Jiyu Nihon Kumite

KATA

Gekisai Dai Ichi
Gekisai Dai Ni
Sanchin + Shime
Saifa

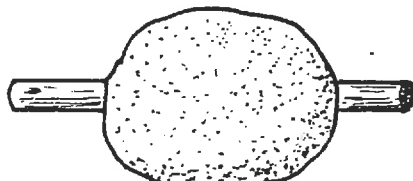
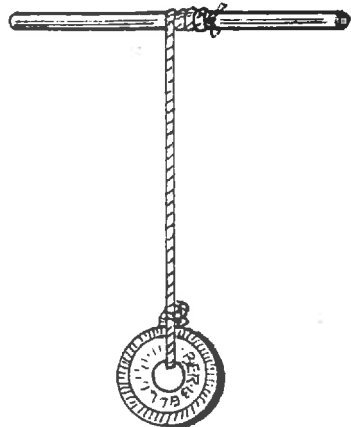


3e KYU (SAN KYU)

Bruin

JUNBI UNDO & HOJO UNDO

- Chi-Ishi
- Kongoken
- Nigiri Game
- Ishi Sashi
- Tan
- Tetsuarei
- Jari Bako
- Tetsu Geta
- Sashi Ishi
- Makiage Kigu
- Opdrukken 40x
- Makiwara



KIHON

Sonoba Kihon Gijutsu

Tachi Waza

- Heisoku Dachi
- Musubi Dachi
- Heiko Dachi
- Hachiji Dachi
- Uchi Hachiji Dachi
- Shiko Dachi
- Sanchin Dachi\Heiko Sanchin
- Neko Ashi Dachi
- Renoji Dachi
- Han Zenkutsu Dachi
- Zenkutsu Dachi
- Sagi Ashi Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu, Zenkutsu Dachi, Neko Ashi Dachi of Shiko Dachi; enkelvoudig of combinaties l/r, r/l, l/l of r/r)

Tsuki en Uchi Waza

- Choku Zuki
- Jun Zuki
- Kizami Zuki
- Gyaku Zuki
- Sun Zuki
- Ura Zuki
- Age Zuki
- Mawashi Zuki
- Furi Zuki
- Kagi Zuki
- Yama Zuki

Awase Zuki
Heiko Zuki

Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Haishu Uchi
Ko Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Jodan Soto Yoko Uke
Morote Chudan Yoko Uke
Chudan Yoko Uke + Gedan Harai Uke
Hojo Uke
Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke
Ura Uke
Sukui Uke
Shotei Yoko Uke
Otoshi Uke
Osae Uke
Ko Uke

Tora Guchi
Morote Hiki Uke
Morote Yoko Uke
Kosa Uke
Soto Kosa Uke (Yoko Juji Uke)

Geru Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri
Gyaku Mawashi Geri
Ushiro Mawashi Geri

Ushiro Geri
Kaiten Ushiro Mawashi Geri

Kakato Otoshi
Furi Geri

Ashi Barai

Tobi Geri



Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Sanbon Zuki

Kizami Zuki + Mawashi Zuki
Kizami Zuki + Mawashi Zuki + Gedan Geri
Kizami Zuki + Age Zuki + Gedan Geri
Kizami Zuki + Hineri Hiji Ate + Ura Zuki

Jodan Hineri Hiji Ate + Uraken Uchi + Ura Zuki
Mawashi Zuki + Kizami Zuki + Gedan Mawashi Geri
Age Zuki + Mawashi Zuki + Mawashi Geri

Kizami Zuki + Mae Geri + Mawashi Geri
Kizami Zuki + Ushiro Geri
Kizami Zuki + Hiza Geri
Kizami Zuki + Hiza Geri + Hiji Ate

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
Gedan Harai Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki
Chudan Hiki Uke + Chudan Gyaku Zuki

Chudan Hiki Uke + San Ren Zuki
Yoko Oi Zuki
Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi
Hiki Uke + Mawashi Geri + Gyaku Zuki
Hiki Uke + Sokuto Geri
Hiki Uke + Sokuto Geri + Gyaku Zuki
Gedan Barai + Gyaku Zuki
Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu Dachi of Zenkutsu Dachi)

Alle basistrappen m.u.v. Tobi Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Dezelfde vier combinaties ingeleid met een andere basistrap.

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
Zenshin/Kotai
Sa Yu
Sa Yu Zenpo Naname
Sa Yu Kotai Naname

Ook met enkel- en meervoudige technieken.

Taisabaki/Taihiraki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)

Kakie

Ude Tanren

Yakusoku Kumite

Kakie Kumite

Ippon Kumite

Nihon Kumite

Sanbon Kumite

Sandan Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi

Gekisai Dai Ichi Renzoku Bunkai Kumite

Kihon Bunkai Gekisai Dai Ni

Gekisai Dai Ni Renzoku Bunkai Kumite

Kihon Bunkai Saifa

Jiyu Kumite

Jiyu Ippon Kumite

Jiyu Nihon Kumite

Randori Kumite

KATA

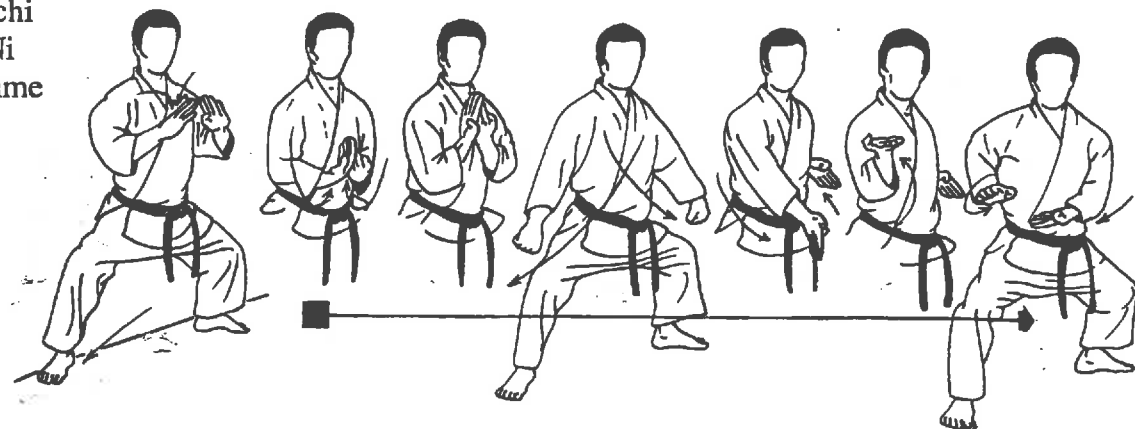
Gekisai Dai Ichi

Gekisai Dai Ni

Sanchin + Shime

Saifa

Seiyunchin



2e KYU (NI KYU)

Bruin met I wit shienje

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Nigiri Game
Ishi Sashi
Tan
Tetsuarei
Jari Bako
Tetsu Geta
Sashi Ishi
Makiage Kigu
Opdrukken 45x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dach
Musubi Dach
Heiko Dach
Hachiji Dach
Uchi Hachiji Dach
Shiko Dach
Sanchin Dach\Heiko Sanchin
Neko Ashi Dach
Renoji Dach
Han Zenkutsu Dach
Zenkutsu Dach
Sagi Ashi Dach

(vanuit Heiko, Sanchin, Han Zenkutsu,
Zenkutsu Dach, Neko Ashi Dach of
Shiko Dach; enkelvoudig of combinaties
l/r, r/l, l/l of r/r)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Sun Zuki

Ura Zuki
Age Zuki
Mawashi Zuki
Furi Zuki
Kagi Zuki
Yama Zuki

Awase Zuki
Heiko Zuki

Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Haishu Uchi
Ko Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Jodan Soto Yoko Uke
Morote Chudan Yoko Uke
Chudan Yoko Uke + Gedan Harai Uke
Hojo Uke
Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke
Ura Uke
Sukui Uke
Shotei Yoko Uke
Otoshi Uke
Osae Uke
Ko Uke

Tora Guchi
Morote Hiki Uke
Morote Yoko Uke
Kosa Uke
Soto Kosa Uke (Yoko Juji Uke)

Geri Waza

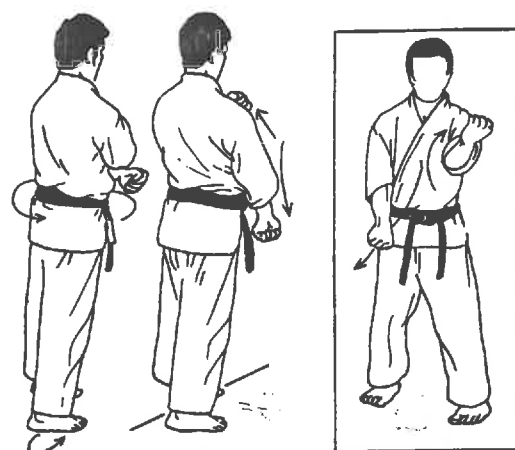
Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri
Gyaku Mawashi Geri
Ushiro Mawashi Geri

Ushiro Geri
Kaiten Ushiro Mawashi Geri

Kakato Otoshi
Furi Geri

Ashi Barai

Tobi Geri



Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Sanbon Zuki

Kizami Zuki + Mawashi Zuki
Kizami Zuki + Mawashi Zuki + Gedan Geri
Kizami Zuki + Age Zuki + Gedan Geri
Kizami Zuki + Hineri Hiji Ate + Ura Zuki

Jodan Hineri Hiji Ate + Uraken Uchi + Ura Zuki
Mawashi Zuki + Kizami Zuki + Gedan Mawashi Geri
Age Zuki + Mawashi Zuki + Mawashi Geri

Kizami Zuki + Mae Geri + Mawashi Geri
Kizami Zuki + Ushiro Geri
Kizami Zuki + Hiza Geri
Kizami Zuki + Hiza Geri + Hiji Ate

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
Gedan Harai Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki
Chudan Hiki Uke + Chudan Gyaku Zuki
Chudan Hiki Uke + San Ren Zuki

Yoko Oi Zuki
Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi
Hiki Uke + Mawashi Geri + Gyaku Zuki
Hiki Uke + Sokuto Geri
Hiki Uke + Sokuto Geri + Gyaku Zuki
Gedan Barai + Gyaku Zuki
Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Alle basistrappen m.u.v. Tobi Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Dezelfde vier combinaties ingeleid met een andere basistrap.

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
Zenshin/Kotai
Sa Yu
Sa Yu Zenpo Naname
Sa Yu Kotai Naname

Ook met enkel- en meervoudige technieken.

Taisabaki/Taihiraki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)

Kakie

Ude Tanren



Yakusoku Kumite

Kakie Kumite

Ippon Kumite

Nihon Kumite

Sanbon Kumite

Sandan Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi

Gekisai Dai Ichi Renzoku Bunkai Kumite

Kihon Bunkai Gekisai Dai Ni

Gekisai Dai Ni Renzoku Bunkai Kumite

Kihon Bunkai Saifa

Kihon Bunkai Seiyunchin



Jiyu Kumite

Jiyu Ippon Kumite

Jiyu Nihon Kumite

Randori Kumite

KATA

Gekisai Dai Ichi

Gekisai Dai Ni

Sanchin + Shime

Saifa

Seiyunchin



1e KYU (IK KYU)

Bruin met II shoenjō

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Nigiri Game
Ishi Sashi
Tan
Tetsuare
Jari Bako
Tetsu Geta
Sashi Ishi
Makiage Kigu
Opdrukken 50x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Uchi Hachiji Dachi
Shiko Dachi
Sanchin Dachi
Neko Ashi Dachi
Renoji Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi
Sagi Ashi Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu,
Zenkutsu Dachi, Neko Ashi Dachi of
Shiko Dachi; enkelvoudig of combinaties
l/r, r/l, l/l of r/r)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Sun Zuki

Ura Zuki
Age Zuki
Mawashi Zuki
Furi Zuki
Kagi Zuki
Yama Zuki

Awase Zuki
Heiko Zuki

Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Haishu Uchi
Ko Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Jodan Soto Yoko Uke
Morote Chudan Yoko Uke
Chudan Yoko Uke + Gedan Harai Uke
Hojo Uke
Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke
Ura Uke
Sukui Uke
Shotei Yoko Uke
Otoshi Uke
Osae Uke
Ko Uke

Tora Guchi
Morote Hiki Uke
Morote Yoko Uke
Kosa Uke
Soto Kosa Uke (Yoko Juji Uke)

Geru Waza

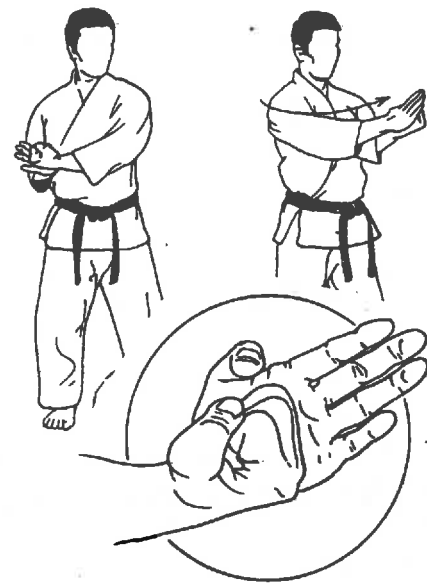
Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri
Gyaku Mawashi Geri
Ushiro Mawashi Geri

Ushiro Geri
Kaiten Ushiro Mawashi Geri

Kakato Otoshi
Furi Geri

Ashi Barai

Tobi Geri



Ido Kihon Gijutsu

A.

(In Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Sanbon Zuki

Kizami Zuki + Mawashi Zuki
Kizami Zuki + Mawashi Zuki + Gedan Geri
Kizami Zuki + Age Zuki + Gedan Geri
Kizami Zuki + Hineri Hiji Ate + Ura Zuki

Jodan Hineri Hiji Ate + Uraken Uchi + Ura Zuki
Mawashi Zuki + Kizami Zuki + Gedan Mawashi Geri
Age Zuki + Mawashi Zuki + Mawashi Geri

Kizami Zuki + Mae Geri + Mawashi Geri
Kizami Zuki + Ushiro Geri
Kizami Zuki + Hiza Geri
Kizami Zuki + Hiza Geri + Hiji Ate

B.

(Sanchin, Han Zenkutsu en Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
Gedan Harai Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki

Chudan Hiki Uke + Chudan Gyaku Zuki
Chudan Hiki Uke + San Ren Zuki
Yoko Oi Zuki
Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi
Hiki Uke + Mawashi Geri + Gyaku Zuki
Hiki Uke + Sokuto Geri
Hiki Uke + Sokuto Geri + Gyaku Zuki
Gedan Barai + Gyaku Zuki
Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu Dachi en Zenkutsu Dachi)

Alle basistrappen m.u.v. Tobi Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Jodan Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Dezelfde vier combinaties ingeleid met een andere basistrap.

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
Zenshin/Kotai
Sa Yu
Sa Yu Zenpo Naname
Sa Yu Kotai Naname

Ook met enkel- en meervoudige technieken.

Taisabaki/Taihiraki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)
Kakie
Ude Tanren

Yakusoku Kumite

Kakie Kumite
Ippon Kumite
Nihon Kumite
Sanbon Kumite
Sandan Kumite
Renzoku Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi
Gekisai Dai Ichi Renzoku Bunkai Kumite
Kihon Bunkai Gekisai Dai Ni
Gekisai Dai Ni Renzoku Bunkai Kumite
Kihon Bunkai Saifa
Kihon Bunkai Seiyunchin

Jiyu Kumite

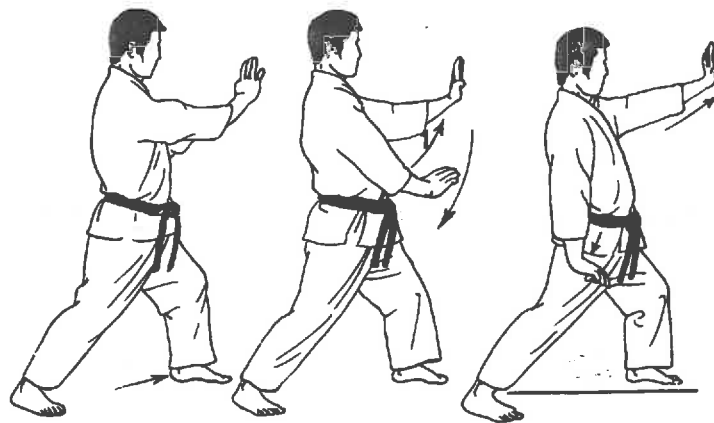
Jiyu Ippon Kumite
Jiyu Nihon Kumite
Randori Kumite (Iri Kumi)

KATA

Gekisai Dai Ichi
Gekisai Dai Ni
Sanchin + Shime
Saifa
Seiyunchin
Shisochin

THEORIE

Terminologie



1e DAN (SHODAN)

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Nigiri Game
Ishi Sashi
Tan
Tetsuare
Jari Bako
Tetsu Geta
Sashi Ishi
Makiage Kigu
Opdrukken 50x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Hachiji Dachi
Shiko Dachi
Sanchin Dachi/Heiko Sanchin
Neko Ashi Dachi
Renoji Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi
Bensoku Dachi
Sagi Ashi Dachi

(vanuit Heiko, Sanchin, Han Zenkutsu
Zenkutsu Dachi, Neko Ashi Dachi of
Shiko Dachi; enkelvoudig of combinaties
l/r, r/l, l/l of r/r)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Sun Zuki

Ura Zuki
Age Zuki
Mawashi Zuki
Furi Zuki
Kagi Zuki
Yama Zuki

Awase Zuki
Heiko Zuki
Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Tettsui Uchi
Furi Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Haishu Uchi
Ko Uchi

Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Jodan Soto Yoko Uke
Morote Chudan Yoko Uke
Chudan Yoko Uke + Gedan Harai Uke
Hojo Uke
Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke
Ura Uke

Sukui Uke
Shotei Yoko Uke
Otoshi Uke
Osae Uke
Nagashi Uke

Ko Uke

Kuri Uke

Tora Guchi (Mawashi Uke)
Morote Hiki Uke
Morote Yoko Uke
Kosa Uke
Soto Kosa Uke (Yoko Juji Uke)

Soto Hiza Uke
Uchi Hiza Uke

Geri Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri
Gyaku Mawashi Geri
Ushiro Mawashi Geri

Ushiro Geri
Kaiten Ushiro Mawashi Geri

Kakato Otoshi
Furi Geri

Ashi Barai

Tobi Geri

Nidan Geri
Ren Geri

Ido Kihon Gijutsu

A.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki

Sanbon Zuki

Kizami Zuki + Mawashi Zuki
Kizami Zuki + Mawashi Zuki + Gedan Geri
Kizami Zuki + Age Zuki + Gedan Geri
Kizami Zuki + Hineri Hiji Ate + Ura Zuki

Jodan Hineri Hiji Ate + Uraken Uchi + Ura Zuki
Mawashi Zuki + Kizami Zuki + Gedan Mawashi Geri
Age Zuki + Mawashi Zuki + Mawashi Geri

Kizami Zuki + Mae Geri + Mawashi Geri
Kizami Zuki + Ushiro Geri
Kizami Zuki + Hiza Geri
Kizami Zuki + Hiza Geri + Hiji Ate

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
Chudan Uchi Uki (Zenkutsu Dachi) + Mawashi Hiji Ate (Shiko Dachi) + Jodan Uraken
Uchi(Shiko Dachi) + Gyaku Zuki (Shiko Dachi)
Gedan Harai Uke + Gyaku Zuki
Gedan Harai Uke + Jodan Age Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

Gedan Harai Uke + Gedan Gyaku Zuki
Chudan Hiki Uke + Chudan Gyaku Zuki
Chudan Hiki Uke + San Ren Zuki
Yoko Oi Zuki
Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Uchi Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi
Hiki Uke + Mawashi Geri + Gyaku Zuki
Hiki Uke + Sokuto Geri
Hiki Uke + Sokuto Geri + Gyaku Zuki
Gedan Barai + Gyaku Zuki
Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Alle basistrappen m.u.v. Tobi Geri

Iedere mogelijke combinatie tussen twee of drie basistrappen m.u.v. Tobi Geri

Mae Geri + Gyaku Zuki
Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
Mae Geri + Gyaku Zuki + Uraken Uchi
Mae Geri + Maeken Zuki + Gyaku Zuki

Dezelfde vier combinaties ingeleid met een andere basistrap.

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
Zenshin/Kotai
Sa Yu
Sa Yu Zenpo Naname
Sa Yu Kotai Naname

Ook met enkel- en meervoudige technieken.

Taihiraki/Taisabaki

Happo Sabaki

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)

Kakie

Ude Tanren

Yakusoku Kumite

Kakie Kumite

Ippon Kumite

Nihon Kumite

Sanbon Kumite

Sandan Kumite

Renzoku Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi

Gekisai Dai Ichi Renzoku Bunkai Kumite

Kihon Bunkai Gekisai Dai Ni

Gekisai Dai Ni Renzoku Bunkai Kumite

Kihon Bunkai Saifa

Kihon Bunkai Seiyunchin

Kihon Bunkai Shisochin

Jiyu Kumite

Jiyu Ippon Kumite

Jiyu Nihon Kumite

Randori Kumite (Irikumi)

Kakie Kumite

第七廿四



後背伏虎手敗

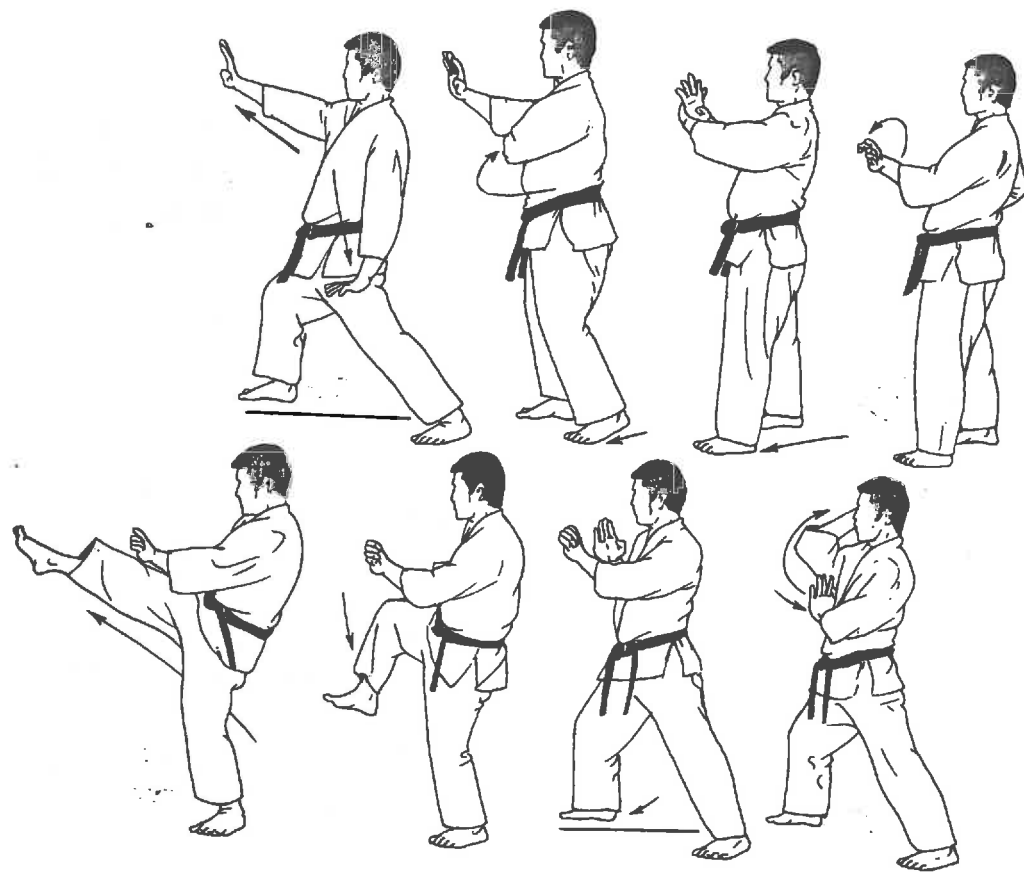
後亭採標手勝

KATA

Gekisai Dai Ichi
Gekisai Dai Ni
Sanchin + Shime
Saifa
Seiyunchin
Shisochin

THEORIE

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Geschiedenis van het Okinawa Goju-Ryu
Techniek
Kyusho



2e DAN (NIDAN)

JUNBI UNDO & HOJO UNDO

Chi-Ishi
Kongoken
Nigiri Game
Ishi Sashi
Tan
Tetsuarei
Jari Bako
Tetsu Geta
Sashi Ishi
Makiage Kigu
Opdrukken 50x
Makiwara

KIHON

Sonoba Kihon Gijutsu

Tachi Waza

Heisoku Dachi /
Musubi Dachi ✓
Heiko Dachi //
Hachiji Dachi \ /
Shiko Dachi \ /
Sanchin Dachi/Heiko Sanchin
Neko Ashi Dachi
Renoji Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi
Bensoku Dachi
Sagi Ashi Dachi *3 (wreest in de knieholte)*

(vanuit Heiko, Sanchin, Han Zenkutsu
Zenkutsu Dachi, Neko Ashi Dachi of
Shiko Dachi; enkelvoudig of combinaties
l/r, r/l, l/l of r/r)

Tsuki en Uchi Waza

Choku Zuki
Jun Zuki
Kizami Zuki
Gyaku Zuki
Sun Zuki

Ura Zuki
Age Zuki
Mawashi Zuki
Furi Zuki
Kagi Zuki
Yama Zuki

Awase Zuki
Heiko Zuki

Sanbon Zuki
San Ren Zuki

Shotei Zuki
Nukite Zuki

Uraken Uchi
Tettsui Uchi
Furi Uchi
Shuto Uchi
Haito Uchi
Shotei Uchi
Handing → Haishu Uchi
Ko Uchi
Hiji Ate

Uke Waza

Jodan Age Uke
Chudan Yoko Uke
Jodan Soto Yoko Uke
Morote Chudan Yoko Uke
Chudan Yoko Uke + Gedan Harai Uke
Hojo Uke
Chudan Uchi Uke
Jodan Uchi Yoko Uke
Gedan Harai Uke
(Seiken, Shotei en Shuto)
Uchi Gedan Harai Uke

Hiki Uke
Kake Uke
Ura Uke

Sukui Uke
Shotei Yoko Uke

all hands waring Otoshi Uke
Osae Uke → *near the hands of control hand waring*
Nagashi Uke

Ko Uke

Kuri Uke
Tora Guchi (Mawashi Uke)
Morote Hiki Uke

Morote Yoko Uke
Kosa Uke → *suwariwari*
Soto Kosa Uke (Yoko Juji Uke)

Soto Hiza Uke
Uchi Hiza Uke

Geri Waza

Hiza Geri
Mae Geri
Fumikomi Geri
Sokuto Geri
Mawashi Geri
Gyaku Mawashi Geri
Ushiro Mawashi Geri

Ushiro Geri
Kaiten Ushiro Mawashi Geri
mikata geri → *supraventri from*
Kakato Otoshi *open hand*
Furi Geri

Ashi Barai

Tobi Geri

Nidan Geri
Ren Geri



Ido Kihon Gijutsu

A.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Oi Zuki
Gyaku Zuki
Jodan Oi Zuki + Chudan Gyaku Zuki
Chudan Gyaku Zuki + Jodan Jun Zuki
Jodan Uraken Uchi + Chudan Gyaku Zuki
~ Chudan Gyaku Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
~ Jodan Kizami Zuki + Jodan Uraken Uchi + Chudan Gyaku Zuki
Sanbon Zuki

Kizami Zuki + Mawashi Zuki
~ Kizami Zuki + Mawashi Zuki + Gedan Geri
~ Kizami Zuki + Age Zuki + Gedan Geri
~ Kizami Zuki + Hineri Hiji Ate + Ura Zuki

~ Jodan Hineri Hiji Ate + Uraken Uchi + Ura Zuki
~ Mawashi Zuki + Kizami Zuki + Gedan Mawashi Geri
Age Zuki + Mawashi Zuki + Mawashi Geri

Kizami Zuki + Mae Geri + Mawashi Geri
Kizami Zuki + Ushiro Geri
Kizami Zuki + Hiza Geri
Kizami Zuki + Hiza Geri + Hiji Ate

B.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Jodan Age Uke + Gyaku Zuki
Chudan Yoko Uke + Gyaku Zuki
Chudan Yoko Uke + Jun Zuki + Gyaku Zuki
Chudan Uchi Uke + Jodan Gyaku Zuki
~ Chudan Uchi Uki (Zenkutsu Dachi) + Mawashi Hiji Ate (Shiko Dachi) + Jodan Uraken
Uchi(Shiko Dachi) + Gyaku Zuki (Shiko Dachi)
Gedan Harai Uke + Gyaku Zuki
~ Gedan Harai Uke + Jodan Age Uke + Gyaku Zuki
Uchi Gedan Harai Uke + Gyaku Zuki
Hiki Uke + Shuto Mawashi Uchi

(Shiko Dachi)

- Gedan Harai Uke + Gedan Gyaku Zuki
- Chudan Hiki Uke + Chudan Gyaku Zuki
- Chudan Hiki Uke + San Ren Zuki
- Yoko Oi Zuki
- Yoko Oi Zuki + Gyaku Zuki (Zenkutsu Dachi)
- Shotei Gedan Harai Uke + Jodan Ko Uke + Gyaku Shotei Zuki

(Neko Ashi Dachi > Zenkutsu Dachi)

- Jodan Age Uke + Gyaku Zuki
- Chudan Yoko Uke + Gyaku Zuki
- Chudan Uchi Uke + Gyaku Zuki
- Hiki Uke + Shuto Mawashi Uchi
- Hiki Uke + Mawashi Geri + Gyaku Zuki
- Hiki Uke + Sokuto Geri
- Hiki Uke + Sokuto Geri + Gyaku Zuki
- Gedan Barai + Gyaku Zuki
- Gedan Barai + Mae Geri + Gyaku Zuki

C.

(Sanchin, Han Zenkutsu of Zenkutsu Dachi)

Alle basistrappen m.u.v. Tobi Geri

Iedere mogelijke combinatie tussen twee of drie basistrappen m.u.v. Tobi Geri

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- Mae Geri + Jodan Uraken Uchi + Gyaku Zuki
- Mae Geri + Gyaku Zuki + Uraken Uchi
- Mae Geri + Maeken Zuki + Gyaku Zuki

Dezelfde vier combinaties ingeleid met een andere basistrap.

Mae Geri + Age Hiji Ate + Jodan Uraken Uchi + Gedan Harai Uke + Gyaku Zuki

D. Tenshin

Basiss voet verplaatsing
Unsoku Ho/Ayumi Ashi/Suri Ashi/Tsugi Ashi:
voorwaarts → Zenshin/Kotai
achterwaarts → Sa Yu
natuurlijke stap → Sa Yu Zenpo Naname
schuin voorwaarts → Sa Yu Kotai Naname
schuin achterwaarts

Ook met enkel- en meervoudige technieken.

Taihiraki/Taisabaki ← lichaams verplaatsing
Happo Sabaki lichaams ontlasting
verplaatsing in alle richtingen

KUMITE

Tanren Kumite

San Dan Uke Harai (San Dan Gi)

Kakie

Ude Tanren

Yakusoku Kumite

Kakie Kumite

Ippon Kumite

Nihon Kumite

Sanbon Kumite

Sandan Kumite

Renzoku Kumite

Bunkai Kumite

Kihon Bunkai Gekisai Dai Ichi

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Kihon Bunkai Seiyunchin

Kihon Bunkai Shisochin

Kihon Bunkai Sanseru

Jiyu Kumite

Jiyu Ippon Kumite

Jiyu Nihon Kumite

Randori Kumite (Irikumi)

Kakie

KATA

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