

Examenprogramma JEUGD

Programma voor Beginner (9 Kyu)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Mae Geri
Mawashi Geri
Zenkutsu Dachi

KATA

Taikyoku Shodan

Programma voor 9de KYU (8 Kyu I)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Mae Geri
Mawashi Geri
Zenkutsu Dachi

KATA

Taikyoku Shodan

Programma voor Kandidaat 8ste KYU (8 Kyu II)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Mae Geri
Mawashi Geri
Zenkutsu Dachi
Kokutsu Dachi

KATA

Taikyoku Shodan
Heian Shodan

Programma voor 8ste KYU (8 Kyu III)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Mae Geri
Mawashi Geri
Zenkutsu Dachi
Kokutsu Dachi

KATA

Taikyoku Shodan
Heian Shodan

Programma voor Gevorderde 8ste KYU (7 Kyu I)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan

KUMITE

Ippon Kumite (Jo-Ch-MaeG)

Programma voor Kandidaat 7de KYU (7 Kyu II)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan

KUMITE

Ippon Kumite (Jo-Ch-MaeG)

Programma voor 7de KYU (7 Kyu)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan

KUMITE

Ippon Kumite (Jo-Ch-MaeG)

Programma voor Gevorderde 7de KYU (6 Kyu I)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan

KUMITE

Ippon Kumite

Programma voor Kandidaat 6de KYU (6 Kyu II)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan

KUMITE

Ippon Kumite

Programma voor 6de KYU (6 Kyu)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan

KUMITE

Ippon Kumite

Programma voor Gevorderde 6de KYU (5 Kyu I)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Gyaku Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Mae Ren Geri
Age Uke - Gyaku Tsuki
Gedan Barai - Gyaku Tsuki
Soto Uke - Gyaku Tsuki
Uchi Uke - Gyaku Tsuki
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite

Programma voor Kandidaat 5de KYU (5 Kyu II)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Gyaku Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Mae Ren Geri
Age Uke - Gyaku Tsuki
Gedan Barai - Gyaku Tsuki
Soto Uke - Gyaku Tsuki
Uchi Uke - Gyaku Tsuki
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite

Programma voor 5de KYU (5 Kyu)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Gyaku Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Mae Ren Geri
Age Uke - Gyaku Tsuki
Gedan Barai - Gyaku Tsuki
Soto Uke - Gyaku Tsuki
Uchi Uke - Gyaku Tsuki
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite

Programma voor Gevorderde 5de KYU (4 Kyu I)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Gyaku Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Mae Ren Geri
Age Uke - Gyaku Tsuki
Gedan Barai - Gyaku Tsuki
Soto Uke - Gyaku Tsuki
Uchi Uke - Gyaku Tsuki
Shuto Uke - Nukite
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite

Programma voor Kandidaat 4de KYU (4 Kyu II)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Gyaku Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Mae Ren Geri
Age Uke - Gyaku Tsuki
Gedan Barai - Gyaku Tsuki
Soto Uke - Gyaku Tsuki
Uchi Uke - Gyaku Tsuki
Shuto Uke - Nukite
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite

Programma voor 4de KYU (4 Kyu)



Aantal Trainingen: 20

KIHON

Age Uke
Gedan Barai
Oi Tsuki
Soto Uke
Uchi Uke
Morote Kamae
Shuto Uke
Sanbon Tsuki
Gyaku Tsuki
Mae Geri
Mawashi Geri
Yoko Geri Kekomi
Yoko Geri Keage
Mae Ren Geri
Age Uke - Gyaku Tsuki
Gedan Barai - Gyaku Tsuki
Soto Uke - Gyaku Tsuki
Uchi Uke - Gyaku Tsuki
Shuto Uke - Nukite
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Kiai
Mawate (draaien)

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite

Programma voor Gevorderde 4de KYU (3 Kyu I)

Aantal Trainingen: 20

KIHON

Age Uke
 Gedan Barai
 Oi Tsuki
 Soto Uke
 Uchi Uke
 Morote Kamae
 Shuto Uke
 Sanbon Tsuki
 Gyaku Tsuki
 Mae Geri
 Mawashi Geri
 Yoko Geri Kekomi
 Yoko Geri Keage
 Mae Ren Geri
 Age Uke - Gyaku Tsuki
 Gedan Barai - Gyaku Tsuki
 Soto Uke - Gyaku Tsuki
 Uchi Uke - Gyaku Tsuki
 Shuto Uke - Nukite
 Mae Geri - Gyaku Tsuki
 Mawashi Geri - Ushiro Geri
 Zenkutsu Dachi
 Kokutsu Dachi
 Kiba Dachi
 Kiai
 Mawate (draaien)

KATA

Taikyoku Shodan
 Heian Shodan
 Heian Nidan
 Heian Sandan
 Heian Yondan
 Heian Godan

KUMITE

Ippon Kumite
 Sanbon Kumite
 Jiju Ippon Kumite

Programma voor Kandidaat 3de KYU (3 Kyu II)

Aantal Trainingen: 20

KIHON

Age Uke
 Gedan Barai
 Oi Tsuki
 Soto Uke
 Uchi Uke
 Morote Kamae
 Shuto Uke
 Sanbon Tsuki
 Gyaku Tsuki
 Mae Geri
 Mawashi Geri
 Yoko Geri Kekomi
 Yoko Geri Keage
 Mae Ren Geri
 Age Uke - Gyaku Tsuki
 Gedan Barai - Gyaku Tsuki
 Soto Uke - Gyaku Tsuki
 Uchi Uke - Gyaku Tsuki
 Shuto Uke - Nukite
 Mae Geri - Gyaku Tsuki
 Mawashi Geri - Ushiro Geri
 Zenkutsu Dachi
 Kokutsu Dachi
 Kiba Dachi
 Kiai
 Mawate (draaien)

KATA

Taikyoku Shodan
 Heian Shodan
 Heian Nidan
 Heian Sandan
 Heian Yondan
 Heian Godan

KUMITE

Ippon Kumite
 Sanbon Kumite
 Jiju Ippon Kumite

Programma voor 3de KYU (3 Kyu)

Aantal Trainingen: 42

KIHON

Age Uke
 Gedan Barai
 Oi Tsuki
 Soto Uke
 Uchi Uke
 Morote Kamae
 Shuto Uke
 Sanbon Tsuki
 Gyaku Tsuki
 Mae Geri
 Mawashi Geri
 Yoko Geri Kekomi
 Yoko Geri Keage
 Mae Ren Geri
 Age Uke - Gyaku Tsuki
 Gedan Barai - Gyaku Tsuki
 Soto Uke - Gyaku Tsuki
 Uchi Uke - Gyaku Tsuki
 Shuto Uke - Nukite
 Mae Geri - Gyaku Tsuki
 Mawashi Geri - Ushiro Geri
 Zenkutsu Dachi
 Kokutsu Dachi
 Kiba Dachi
 Kiai
 Mawate (draaien)

KATA

Taikyoku Shodan
 Heian Shodan
 Heian Nidan
 Heian Sandan
 Heian Yondan
 Heian Godan

KUMITE

Ippon Kumite
 Sanbon Kumite
 Jiju Ippon Kumite

Programma voor 2de KYU (2 Kyu)

Aantal Trainingen: 48

KIHON

Oi Tsuki
 San Ren Tsuki
 Age Uke - Gyaku Tsuki
 Uchi Uke - Kizami Tsuki - Gyaku Nukite
 Sote Uke - Yoko Empi Uchi---
 --- Uraken Uchi

 Gedan Barai - Uraken Uchi (zelfde arm)
 ---Gyaku Tsuki

 Mae Geri
 Yoko Geri Kekomi in Kiba Dachi
 Mawashi Geri
 Ushiro Geri
 Mae Geri - Mawashi Geri
 Mawashi Geri - Ushiro Geri
 Mawashi Geri (voorwaarts)---
 ---Yoko Geri Kekomi(zijwrts-hetz. been)

 Mae Geri - Gyaku Tsuki

KATA

Taikyoku Shodan
 Heian Shodan
 Heian Nidan
 Heian Sandan
 Heian Yondan
 Heian Godan
 Tekki Shodan

KUMITE

Ippon Kumite
 Sanbon Kumite
 Jiju Ippon Kumite

Programma voor 1ste KYU (1 Kyu)



Aantal Trainingen: 48

KIHON

Oi Tsuki
San Ren Tsuki
Age Uke - Gyaku Tsuki
Uchi Uke - Kizami Tsuki - Gyaku Nukite
Sote Uke - Yoko Empi Uchi---
--- Uraken Uchi

Gedan Barai - Uraken Uchi (zelfde arm)
---Gyaku Tsuki

Mae Geri
Yoko Geri Kekomi in Kiba Dachi
Mawashi Geri
Ushiro Geri
Mae Geri - Mawashi Geri
Mawashi Geri - Ushiro Geri
Mawashi Geri (voorwaarts)---
---Yoko Geri Kekomi(zijwrts-hetz. been)

Mae Geri - Gyaku Tsuki

KATA

Taikyoku Shodan
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan
Tekki Shodan
Bassai Dai

KUMITE

Ippon Kumite
Sanbon Kumite
Jiju Ippon Kumite
Gohon Kumite