



3.KYU

Kihon : -> Oi tsuki - Jo / Ch. -> Gyaku tsuki - Jo / Ch. <-> Age uke <-> Soto uke <-> Uchi uke <-> Gedan uke <-> Shuto uke -> Mae geri - kekomi / keage -> Yoko geri - kekomi [] Yoko geri - keage / kekomi -> Mawashi geri - Jo / Ch.	-> Sanbon tsuki <-> Empi <-> Uraken -> Nukite <-> Shuto uchi -> Ushiro geri -> Kizame tsuki -> Ura mawashi -> Uchi mawashi -> Kakato geri -> Mae tobi geri -> Kizame geri	In Neko ashi dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Shuto uke <- Empi <- Uraken <- Shuto uchi	In Kokutsu dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Shuto uke <- Empi <- Uraken <- Shuto uchi
Renraku : In Fudo dachi/Zenkutsu dachi <-> Age uke - gyaku tsuki <-> Soto uke - gyaku tsuki <-> Uchi uke - gyaku tsuki <-> Gedan uke - gyaku tsuki <-> Shuto uke - gyaku tsuki <-> Shuto uke - gyaku nukite <-> Soto uke = yoko empi (kbd) = uraken - gyaku tsuki -> Mae ren geri -> Yoko geri kekomi - uraken - gyaku tsuki -> Mawashi geri - gyaku tsuki - uraken -> Oi tsuki = yoko empi (kbd) = uraken - gyaku tsuki <-> Shuto uke - gyaku nukite - shuto uchi <-> Uchi uke = kizame tsuki - gyaku tsuki <-> Shuto uke = kizame geri - gyaku nukite -> Kizame tsuki - oi tsuki -> Mae geri = kizame tsuki - gyaku tsuki -> Mae geri - mawashi geri - yoko geri - gyaku tsuki <-> Soto uke - uchi uke - age uke = gedan uke = tsuri ashi kizame mae geri - gyaku tsuki <-> (vw) Mae geri - yoko geri kekomi -(aw) gedan uke - gyaku tsuki - vw) mawashi geri - yoko geri = uraken			
Kata: - Taikioku I - Heian I t/m V - Tekki I - Bassai dai - Kanku dai(count)			
Kumite : Kihon gohon kumite - Jo / Ch / Ge Kihon sanbon kumite - Jo 3x / Ch 3x, - Jo / Ch / Geri Kihon ippon kumite - Jo / Ch / Mae geri / Yoko geri - Mawashi geri / Ushiro geri Sanbon kumite - Jo / Jo / Mae geri - Mae geri / oi tsuki / kekomi - Mawashi geri / yoko geri / ushiro geri - Mawashi geri / mae geri / tsuki chudan - Yoko geri kekomi / tetsui / tsuki chudan Renraku kumite - Jodan / gyaku chudan - Jodan / gyaku jodan - Kizame tsuki / mawashi tsuki - Mae geri / gyaku tsuki - Jodan / mae geri - Kizame tsuki / yoko geri kekomi - Kizame mawashi geri / mawashi geri - Kizame mae geri / mawashi geri		Ippon kumite - Jo / Ch / Mae geri / Yoko geri - Mawashi geri / Ushiro geri Jiyu ippon kumite - Jo / Ch / Mae geri / Yoko geri - Mawashi geri / Ushiro geri Jiyu kumite - minimaal 2 wedstrijden	