



## 5.Dan – Godan

### Renraku

- Soto uke (fdd) = yoko empi(kbd)= yoko geri kekomi (hd)- turn (counter)clockwise uraken (nkd) gyaku tsuki (zkd)
- Soto uke (zkd) = yoko enpi (kbd) - (bw) turn (counter) clockwise gedan uke (nkd) = yoko geri kekomi (hd - (fw) turn (counter) clockwise uraken (kkd)= gyaku tsuki (zkd)
- Soto uke (zkd) = yoko enpi (kbd) = yoko geri kekomi (hd)- bw) turn (counter) clockwise gedan uke (nkd) - (fw) turn (counter) clockwise uraken (kkd) = gyaku tsuki (zkd)
- Uchi uke (kkd) = uchi mawashi geri (nkd)- fw) turn counter)clockwise kizame tsuki or nobashi tsuki (zkd) = gyaku tsuki (zkd)
- Shuto uke (nkd) - kai ashi kizame mawashi geri nkd)- gyaku nukite (zkd)
- Gedan kake uke (nkd) = Kizame mae geri (nkd)- fw) turn (counter) clockwise with kai ashi Shuto uchi (kkd) = gyaku tsuki (zkd)
- Kizame tsuki (zkd) = age uke (nkd) = kizame mawashi geri (nkd)- (fw)turn (counter)clockwise uraken (zkd)- (fw) turn (counter) clockwise nobashi tsuki (zkd)
- Kizame tsuki (zkd) = age uke (nkd)- (fw) turn (counter) clockwise uraken (zkd) = kizame mawashi geri(nkd) - (fw) turn (counter) clockwise nobashi tsuki (zkd)
- Ushiro geri (zkd) - kai ashi ushiro mawashi geri (zkd) - tsuri ashi ura mawashi geri (nkd) - bw) uchi uke (fdd) - (fw) (counter) clockwise yoko empi (kbd)-(bw) (counter) clockwise uraken (kkd) + mae geri nkd)= gyaku tsuki(zkd)

### Renraku 2

- vw of aw - Age uke/mae geri (achterste been) - gyaku tsuki
- vw- Soto uke/yoko empi - aw Gedan barai gyaku tsuki
- vw of aw - Shuto uke/kizami mae geri - gyaku nukite
- vw of aw - Gedan barai/uchi uke (neko ashi dachi hinte) - Ura tsuki/gyaku tsuki
- vw of aw - draai met Uraken/gyaku tsuki - yori ashi kizami tsuki
- vw of aw - Jodan soto uke/zijwaarts gedan uke - kizami maegeri/gyaku tsuki
- vw - Mawashi geri/ashi barai - gyaku tsuki
- vw - Kizami tsuki - Mae geri /oi tsuki

### Kata

- Heian I t/m V, Tekki I t/m III, Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu, Gankaku, Jitte, Bassai Sho, Kanku Sho, Jiin, Sochin, Nijushiho, Chinte, Wankan, Meikyo.
- Tokuata .
- Bunkai van de 15 Shoto-kata + Bunkai Tokui kata.

### Kata

- Tokui-gata
- Shitei-gata: A kata designated by the examiner and taken from Kanku-sho, Bassai-sho, Jiin, Wankan, Chinte, Unsu and Sochin.
- Followed by explanation by the examinee of parts of the kata on request by the examiner.