

## 10e Kyu (wit)

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. Chūdan Choku Zuki (Shizen Tai, Hachiji Dachi, op tel 5x)</li><li>2. Jōdan Age Uke, Chūdan Soto Uke</li><li>3. Gedan Barai</li><li>4. Heisoku Dachi - Gedan Kakiwake Uke: Mae Geri (op de plaats)</li></ol>
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## 9e Kyu (wit)

<b>KIHON</b>	(Uitgangshouding: Shizen Tai, Hachiji Dachi → Zenkutsu Dachi, op tel 5x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki</li><li>2. Jōdan Age Uke →</li><li>3. Chūdan Soto Uke</li><li>4. Gedan Kakiwake Uke: Mae Geri (op de plaats)</li></ol>
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## 8e Kyu (wit)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 5x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke →</li><li>3. Chūdan Soto Uke →</li><li>4. Shuto Uke (Kokutsu Dachi) →</li><li>5. Mae Geri (Gedan Kakiwake) →</li><li>6. Yoko Geri Keage (Heisoku Dachi)</li></ol>
<b>KATA</b>	Taikyoku Shōdan
<b>KUMITE</b>	Gohon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki)

## 7e Kyu (geel)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 5x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke ←</li><li>3. Chūdan Soto Uke →</li><li>4. Chūdan Uchi Uke ←</li><li>5. Shuto Uke (Kokutsu Dachi) →</li><li>6. Mae Geri (Gedan Kakiwake) →</li><li>7. Yoko Geri Keage (Kiba Dachi) →(3x) ←(3x)</li></ol>
<b>KATA</b>	Heian Shōdan
<b>KUMITE</b>	Gohon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki)

## 6e Kyu (oranje)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 5x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke ←</li><li>3. Chūdan Soto Uke →</li><li>4. Chūdan Uchi Uke ←</li><li>5. Shuto Uke in Kokutsu Dachi →</li><li>6. Gedan Kakiwake Uke, Mae Geri →</li><li>7. Yoko Geri Keage (Kiba Dachi, rechts en links 3x) →</li><li>8. Yoko Geri Kekomi (Kiba Dachi, rechts en links 3x) →</li></ol>
<b>KATA</b>	Heian Nidan
<b>KUMITE</b>	Kihon Ippon Kumite (rechts en links: Jōdan Jun Zuki, Chūdan Jun Zuki) <i>* Aanvalsvolgorde: éérst alles rechts dan links.</i>

## 5e Kyu (groen)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 5x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke, Gyaku Zuki ←</li><li>3. Chūdan Soto Uke, Gyaku Zuki →</li><li>4. Chūdan Uchi Uke, Gyaku Zuki ←</li><li>5. Shuto Uke (Kokutsu Dachi) →</li><li>6. Gedan Kakiwake Uke, Mae Geri →</li><li>7. Yoko Geri Keage (Kiba Dachi, rechts en links 3x) →</li><li>8. Yoko Geri Kekomi (Kiba Dachi, rechts en links 3x) →</li></ol>
<b>KATA</b>	Heian Sandan
<b>KUMITE</b>	Kihon Ippon Kumite (rechts en links: Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri) <i>* Aanvalsvolgorde: éérst alles rechts dan links.</i>

## 4e Kyu (blauw)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 5x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke, Gyaku Zuki ←</li><li>3. Chūdan Soto Uke, Gyaku Zuki →</li><li>4. Chūdan Uchi Uke, Gyaku Zuki ←</li><li>5. Shuto Uke (Kokutsu Dachi), Nukite (Zenkutsu Dachi) →</li><li>6. Gedan Kakiwake Uke, Mae Geri →</li><li>7. Yoko Geri Keage (Kiba Dachi, rechts en links 3x) →</li><li>8. Yoko Geri Kekomi (Kiba Dachi, rechts en links 3x) →</li></ol>
<b>KATA</b>	Kihon Ippon Kumite (rechts en links: Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi)  <i>* Aanvalsvolgorde: éérst alles rechts dan links.</i>
<b>KUMITE</b>	Jiyu Kumite

## 3e Kyu (bruin)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 3x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke, Gyaku Zuki ←</li><li>3. Chūdan Soto Uke (Zenkutsu Dachi), Yoko Enpi (Kiba Dachi) →</li><li>4. Chūdan Uchi Uke, Gyaku Zuki ←</li><li>5. Shuto Uke (Kokutsu Dachi), Nukite (Zenkutsu Dachi) →</li><li>6. Gedan Kakiwake Uke, Mae Geri →</li><li>7. Ren Geri (Chūdan, Jōdan) →</li><li>8. Yoko Geri Keage (Kiba Dachi, rechts en links 3x) →</li><li>9. Yoko Geri Kekomi (Kiba Dachi, rechts en links 3x) →</li></ol>
<b>KATA</b>	Heian Godan
<b>KUMITE</b>	Kihon Ippon Kumite (Kiri Kaeshi) <ol style="list-style-type: none"><li>1. Aanval: Jōdan Jun Zuki →, Jōdan Age Uke, Gyaku Zuki ← (links en rechts) Blokking: Jōdan Age Uke ←, Jōdan Jun Zuki → (links en rechts)</li><li>2. Aanval: Chūdan Jun Zuki →, Chūdan Soto Uke, Gyaku Zuki ← (links en rechts) Blokking: Chūdan Soto Uke ←, Chūdan Jun Zuki → (links en rechts)</li></ol> <p><i>* Aanvalsvolgorde: rechts Jōdan, dan rechts Chūdan, dan links Jōdan, links Chūdan (Géén Tai Sabaki)</i></p>



## 2e Kyu (bruin)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 3x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Jōdan Age Uke, Gyaku Zuki ←</li><li>3. Chūdan Soto Uke (Zenkutsu Dachi), Yoko Enpi, Yoko Uraken Uchi (Kiba Dachi) →</li><li>4. Chūdan Uchi Uke, Gyaku Zuki ←</li><li>5. Shuto Uke (Kokutsu Dachi), Nukite (Zenkutsu Dachi) →</li><li>6. Gedan Kakiwake Uke, Mae Geri →</li><li>7. Ren Geri (Chūdan, Jōdan) →</li><li>8. Yoko Geri Keage (Kiba Dachi, rechts en links 3x) →</li><li>9. Yoko Geri Kekomi (Kiba Dachi, rechts en links 3x) →</li><li>10. Mawashi Geri →</li></ol>
<b>KATA</b>	Tekki Shodan
<b>KUMITE</b>	Kihon Ippon Kumite (Kiri Kaeshi) <ol style="list-style-type: none"><li>1. Aanval: Jōdan Jun Zuki →, Jōdan Age Uke, Gyaku Zuki ← (links en rechts) Blokking: Jōdan Age Uke ←, Jōdan Jun Zuki → (links en rechts)</li><li>2. Aanval: Chūdan Jun Zuki →, Chūdan Soto Uke, Gyaku Zuki ← (links en rechts) Blokking: Chūdan Soto Uke ←, Chūdan Jun Zuki → (links en rechts)</li><li>3. Aanval: Chūdan Mae Geri →, Gedan Barai, Gyaku Zuki ← (links en rechts) Blokking: Gedan Barai ←, Chudan Mae Geri → (links en rechts)</li></ol> <p><i>* Aanvalsvolgorde: rechts Jōdan, dan rechts Chūdan, dan links Jōdan, links Chūdan (Géén Tai Sabaki)</i></p>

## 1e Kyu (bruin)

<b>KIHON</b>	(Uitgangshouding: Gedan Barai → Zenkutsu Dachi, op tel 3x) <ol style="list-style-type: none"><li>1. Chūdan Jun Zuki →</li><li>2. Sanbon Ren Zuki →</li><li>3. Jōdan Age Uke, Gyaku Zuki ←</li><li>4. Chūdan Soto Uke (Zenkutsu Dachi), Yoko Enpi, Yoko Uraken Uchi (Kiba Dachi) →</li><li>5. Chūdan Uchi Uke, Kizami Zuki, Gyaku Zuki ←</li><li>6. Gedan Barai, Gyaku Zuki →</li><li>7. Shuto Uke (Kokutsu Dachi), Nukite (Zenkutsu Dachi) →</li><li>8. Gedan Kakiwake Uke, Mae Geri →</li><li>9. Ren Geri (Chūdan, Jōdan) →</li><li>10. Yoko Geri Keage (Kiba Dachi, rechts en links 3x) →</li><li>11. Yoko Geri Kekomi (Kiba Dachi, rechts en links 3x) →</li><li>12. Mawashi Geri →</li></ol>
<b>KATA</b>	Bassai Dai <i>of</i> Kanku Dai
<b>KUMITE</b>	Jiyu Ippon Kumite

# 1e Dan

<b>KIHON</b>	3x vanuit Zenkutsu Dachi/Gedan Barai: <ol style="list-style-type: none"><li>1. Sanbon Renzuki →</li><li>2. Jōdan Age Uke, Chūdan Mae Geri, Gyaku Zuki ←</li><li>3. Chūdan Soto Uke, Yoko Enpi, Yoko Uraken Uchi (Zenkutsu Dachi--&gt;Kiba Dachi) →</li><li>4. Chūdan Uchi Uke, Kizami Zuki, Gyaku Zuki ←</li><li>5. Shutō Uke in Kokutsu Dachi, Zenkutsu Nukite →</li><li>6. Mae Geri →</li><li>7. Ren Geri (Chūdan, Jōdan) →</li><li>8. Yoko Geri Keage (in Kiba Dachi, rechts en links 3x) →</li><li>9. Yoko Geri Kekomi (in Kiba Dachi, rechts en links 3x)</li><li>10. Mawashi Geri →</li></ol>
<b>KATA</b>	<ol style="list-style-type: none"><li>1. Bassai Dai <i>of</i></li><li>2. Kanku Dai <i>of</i></li><li>3. Enpi <i>of</i></li><li>4. Jion <i>of</i></li><li>5. + verplicht kata uit Heian of Tekki</li></ol>
<b>KUMITE</b>	Jiyu Ippon Kumite <ol style="list-style-type: none"><li>1. rechts Jōdan Jun Zuki</li><li>2. rechts Chūdan Jun Zuki</li><li>3. rechts Chūdan Mae Geri</li><li>4. rechts Chūdan Yoko Geri Kekomi</li><li>5. Chūdan Mawashi Geri – eenzijdig</li></ol>

## 2e Dan

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. Kizami Zuki, Sanbon Renzuki (vrije Kamae) →</li><li>2. Mae Geri, Jun Zuki (vrije Kamae) →</li><li>3. Jōdan Age Uke, Chūdan Soto Uke, Gyaku Zuki (blok met zelfde arm) ←</li><li>4. Gedan Barai ←</li><li>5. Chūdan Jun Zuki, Chūdan Jun Zuki →</li><li>6. Shuto Uke, Kizami Mae Geri, Nukite (Kokutsu Dachi naar Zenkutsu Dachi) →</li><li>7. Yoko Geri Keage, Yoko Geri Kekomi (Kiba Dachi, wisselende voet), Yoko Geri Kekomi, Gyaku Zuki (vrije Kamae) →</li><li>8. Mawashi Geri, Gyaku Zuki (vrije Kamae) →</li></ol>
<b>KATA</b>	<ol style="list-style-type: none"><li>1. Favoriete Kata</li><li>2. + verplicht kata</li></ol>
<b>KUMITE</b>	Jiyu Kumite

## 3e Dan

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. Kizami Zuki, Sanbon Renzuki (vrije Kamae) →</li><li>2. Jōdan Age Uke, Chūdan Soto Uke, Gyaku Zuki (blok met zelfde arm) ←</li><li>3. Chūdan Uchi Uke, Kizami Zuki, Gyaku Zuki (Kokutsu Dachi naar Zenkutsu Dachi) →</li><li>4. Shuto Uke, Kizami Mae Geri, Nukite (Kokutsu Dachi naar Zenkutsu Dachi) ←</li><li>5. Jōdan Age Uke ←</li><li>6. Mawashi Geri, Yoko Uraken Uchi, Chūdan Jun Zuki →</li><li>7. Mae Geri, Yoko Geri Kekomi, Mawashi Geri, Gyaku Zuki → (wisselende voeten)</li><li>8. Mae Geri, Yoko Geri Kekomi, Ushiro Geri (Zenkutsu Dachi, zelfde voet, links/rechts)</li></ol>
<b>KATA</b>	<ol style="list-style-type: none"><li>1. Favoriete Kata</li><li>2. Verplicht kata</li></ol>
<b>KUMITE</b>	Jiyu Kumite

## 4e Dan

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. Kizami Zuki, Sanbon Renzuki (vrije Kamae) →</li><li>2. Chūdan Uchi Uke, Kizami Zuki, Gyaku Zuki (Kokutsu Dachi naar Zenkutsu Dachi) ←</li><li>3. Shuto Uke, Kizami Mae Geri, Nukite (Kokutsu Dachi naar Zenkutsu Dachi) →</li><li>4. Mae Geri, Yoko Geri Kekomi, Gyaku Zuki (zelfde voet)</li><li>5. Mae Geri, Yoko Geri Kekomi, Ushiro Geri (Zenkutsu Dachi, zelfde voet)</li><li>6. Gyaku Zuki (Idomokuhyo: stoten in verschillende richtingen naar aanwijzing van de examiner)</li></ol>
<b>KATA</b>	<ol style="list-style-type: none"><li>1. Favoriete Kata</li><li>2. + verplicht kata</li></ol>
<b>KUMITE</b>	Jiyu Kumite

## 5e Dan

<b>KIHON</b>	1. Gyaku Zuki Idomokuhyo (stoten op verschillende punten zoals aangegeven door de examiner)
<b>KATA</b>	2. Favoriete Kata 3. + verplicht kata, keuze van de examiner uit de Heian en Tekki

## 6e Dan

<b>KATA</b>	<ol style="list-style-type: none"><li data-bbox="277 219 512 248">1. Favoriete Kata</li><li data-bbox="277 264 703 293">2. + verplicht kata (Sensei Kata)</li></ol>
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