



日本空手協会

Exameneisen

JKA

v.a. 1 april
2017

→ = Vooruit

← = Achteruit

ZKD = Zenkutsu Dachi

KKD = Kokutsu Dachi

KB = Kiba Dachi

HD = Heisoku Dachi

KW = Gedan Kaki Wake

10^e Kyu

KIHON

Uitgangshouding: **Shizen Tai**

1. Chūdan Choku Zuki
2. Jōdan Age Uke
3. Chūdan Soto Uke
4. Gedan Barai
5. **(HD - KW)** Mae Geri

*(Op **commando** elke techniek afwisselend rechts en links, rechts beginnen)*

9^e Kyu

KIHON

Uitgangshouding: **Shizen Tai** → ZKD

1. Chūdan Jun Zuki
2. Jōdan Age Uke
3. Chūdan Soto Uke
4. (ZKD - KW) Mae Geri

*(Op **commando** elke techniek afwisselend rechts en links, rechts beginnen)*

8^e Kyu

KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke →
3. **(ZKD)** Chūdan Soto Uke →
4. **(ZKD)** Gedan Barai →
5. **(KKD)** Shuto Uke →
6. **(KW)** Mae Geri →
7. **(HD)** Yoko Geri Keage (*links en rechts 2x*)

KATA

Taikyoku Shōdan

KUMITE

Gohon Kumite
(Jōdan Jun Zuki, Chūdan Jun Zuki)

7^e Kyu

KIHON	<ol style="list-style-type: none">1. (ZKD) Chūdan Jun Zuki →2. (ZKD) Jōdan Age Uke ←3. (ZKD) Chūdan Soto Uke →4. (ZKD) Chūdan Uchi Uke ←5. (KKD) Shuto Uke →6. (KW) Mae Geri →7. (KD) Yoko Geri Keage (<i>rechts en links</i>) →
KATA	Heian Shōdan
KUMITE	Gohon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki)

6^e Kyu

KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke ←
3. **(ZKD)** Chūdan Soto Uke →
4. **(ZKD)** Chūdan Uchi Uke ←
5. **(KKD)** Shuto Uke →
6. **(KW)** Mae Geri →
7. **(KD)** Yoko Geri Keage (*rechts en links*) →
8. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

KATA

Heian Nidan

KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki - *rechts en links*)

5^e Kyu

KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke, Gyaku Zuki ←
3. **(ZKD)** Chūdan Soto Uke, Gyaku Zuki →
4. **(ZKD)** Chūdan Uchi Uke, Chūdan Gyaku Zuki ←
5. **(KKD)** Shuto Uke →
6. **(KW)** Mae Geri →
7. **(KD)** Yoko Geri Keage (*rechts en links*) →
8. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

KATA

Heian Sandan

KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri - *rechts en links*)

4^e Kyu

KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke, Gyaku Zuki ←
3. **(ZKD)** Chūdan Soto Uke, Gyaku Zuki →
4. **(ZKD)** Chūdan Uchi Uke, Gyaku Zuki ←
5. **(KKD)** Shuto Uke, **(ZKD)** Nukite →
6. **(KW)** Mae Geri →
7. **(KD)** Yoko Geri Keage (*rechts en links*) →
8. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

KATA

Heian Yondan

KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, **(KW)** Chūdan Mae Geri, Chūdan Yoko Geri Kekomi - *rechts en links*)

3^e Kyu

KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke, Gyaku Zuki ←
3. **(ZKD)** Chūdan Soto Uke, Gyaku Zuki →
4. **(ZKD)** Chūdan Uchi Uke, Gyaku Zuki ←
5. **(KKD)** Shuto Uke, **(ZKD)** Nukite →
6. **(KW)** Mae Geri →
7. **(KW)** Ren Geri (Chūdan, Jōdan) →
8. Mawashi Geri →
9. **(KD)** Yoko Geri Keage (*rechts en links*) →
10. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

KATA

Heian Godan

KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, **(KW)** Chūdan Mae Geri, Chūdan Yoko Geri Kekomi - *rechts en links*)

2^e Kyu

KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke, Gyaku Zuki ←
3. **(ZKD)** Chūdan Soto Uke, **(KD)** Yoko Enpi, Yoko Uraken Uchi →
4. **(ZKD)** Chūdan Uchi Uke, Gyaku Zuki ←
5. **(KKD)** Shuto Uke, **(ZKD)** Nukite →
6. **(KW)** Mae Geri →
7. **(KW)** Ren Geri (Chūdan, Jōdan) →
8. Mawashi Geri →
9. **(KD)** Yoko Geri Keage (*rechts en links*) →
10. **(ZKD)** Yoko Geri Kekomi (*rechts en links*) →

KATA

Tekki Shodan

KUMITE

Jiyū Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi - *rechts*)

1^e Kyu

KIHON	<ol style="list-style-type: none">1. (ZKD) Chūdan Jun Zuki →2. (ZKD) Sanbon Ren Zuki →3. (ZKD) Jōdan Age Uke, Gyaku Zuki ←4. (ZKD) Chūdan Soto Uke, (KD) Yoko Enpi, Yoko Uraken Uchi →5. (ZKD) Chūdan Uchi Uke, Gyaku Zuki ←6. (KKD) Shuto Uke, (ZKD) Nukite →7. (KW) Mae Geri →8. (KW) Ren Geri (Chūdan, Jōdan) →9. Mawashi Geri →10. (KD) Yoko Geri Keage (<i>rechts en links</i>) →11. (ZKD) Yoko Geri Kekomi (<i>rechts en links</i>) →
KATA	Bassai Dai, Kanku Dai, Enpi of Jion (<i>eigen keuze</i>)
KUMITE	Jiyū Ippon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi, Jōdan Mawashi Geri * <i>voor Mawashi Geri zélf aangeven of je Jōdan of Chūdan trapt</i>)

1^e Dan

KIHON

1. Chūdan Jun Zuki →
2. Sanbon Ren Zuki →
3. Jōdan Age Uke, Gyaku Zuki ←
4. **(ZKD)** Chūdan Soto Uke, **(KD)** Yoko Enpi, Yoko Uraken Uchi, Gyaku Zuki →
5. Chūdan Uchi Uke, Kizami Zuki, Gyaku Zuki ←
6. **(KKD)** Shutō Uke, **(ZKD)** Nukite →
7. **(KW)** Mae Geri →
8. **(KW)** Ren Geri (Chūdan, Jōdan) →
9. Mawashi Geri →
10. **(KD)** Yoko Geri Keage (*rechts en links*) →
11. **(ZKD)** Yoko Geri Kekomi (*rechts en links*) →

KATA

Bassai Dai, Kanku Dai, Enpi of Jion (*eigen keuze*)

KUMITE

Jiyu Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi, Chūdan Mawashi Geri

* *voor Mawashi Geri zélf aangeven of je Jōdan of Chūdan trapt*)

2^e Dan

KIHON

1. Chūdan Jun Zuki →
2. Sanbon Ren Zuki →
3. Age Uke, Soto Uke (zelfde arm), Gyaku Zuki ←
4. **(KKD)** Uchi Uke, **(ZKD)** Kizami Zuki, Gyaku Zuki →
5. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
6. **(KW)** Ren Geri (Chūdan, Jōdan) →
7. **(KD)** Yoko Geri Keage, Yoko Geri Kekomi (wisselende voet) →
8. **(ZKD)** Yoko Geri Kekomi →
9. Mawashi Geri →
10. Age Uke, Mawashi Geri, Yoko Uraken Uchi, Chūdan Jun Zuki ←

KATA

Favoriete Kata

KUMITE

Jiyu Kumite

3^e Dan

KIHON

1. Jōdan Kizami Zuki, Jōdan Jun Zuki, Chūdan Gyaku Zuki →
2. Jōdan Age Uke, Chūdan Soto Uke (*zelfde arm*), Gyaku Zuki ←
3. **(KKD)** Chūdan Uchi Uke, Kizami Zuki, **(ZKD)** Gyaku Zuki →
4. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
5. Jōdan Age Uke ←, Mawashi Geri, Yoko Uraken Uchi, Chūdan Jun Zuki →
6. Mae Geri, Gyaku Zuki, Yoko Geri Kekomi, Gyaku Zuki, Mawashi Geri, Gyaku Zuki (*wisselende voeten*) →

KATA

Favoriete Kata

KUMITE

Jiyu Kumite

4^e Dan

KIHON

1. Sanbon Ren Zuki →
2. Age Uke, Soto Uke (zelfde arm), Gyaku Zuki ←
3. **(KKD)** Chūdan Uchi Uke, Kizami Zuki, **(ZKD)** Gyaku Zuki →
4. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
5. Mae Geri, Jun Zuki →
6. Mae Geri, Gyaku Zuki →
7. Yoko Geri Kekomi, Gyaku Zuki →
8. Mawashi Geri, Gyaku Zuki →
9. **(ZKD)** Mae Geri, Yoko Geri Kekomi, Ushiro Geri (*zelfde voet, links en rechts*)

KATA

Examinators keuze uit: Heian Shodan t/m Tekki Nidan
+ *eigen* Favoriete Kata

KUMITE

Jiyu Kumite

5^e Dan

KIHON	<ol style="list-style-type: none">1. Sanbon Ren Zuki →2. Age Uke, Soto Uke (zelfde arm), Gyaku Zuki ←3. (KKD) Chūdan Uchi Uke, Kizami Zuki, (ZKD) Gyaku Zuki →4. (KKD) Shutō Uke, Kizami Mae Geri, (ZKD) Nukite ←5. Mae Geri, Jōdan Jun Zuki, Chūdan Gyaku Zuki →6. Yoko Geri Kekomi, Gyaku Zuki →7. Mawashi Geri, Gyaku Zuki →8. (ZKD) Mae Geri, Yoko Geri Kekomi, Mawashi Geri, Gyaku Zuki (zelfde voet, links en rechts) →9. (ZKD) Mae Geri, Yoko Geri Kekomi, Ushiro Geri (zelfde voet, links en rechts)
KATA	<i>Examinators keuze uit: Heian Shodan t/m Tekki Sandan + eigen Favoriete Kata (vraag en antwoord sessie)</i>
KUMITE	Jiyu Kumite