Examenprogramma : 3 de Kyu

Kihon-Tsuki & Uke	
a. Kette junzuki - kette mawatte jodan uke	
b. Kette gyakuzuki - kette mawatte gedan barai	
c. Kette junzuki no tsukkomi - kette mawatte jodan gawain uke	
d. Kette gyakuzuki no tsukkomi - kette mawatte jodan naiwan uke	
e. Tobikomi nagashizuki - chudan otoshi nagashi uke	
f. Oi tsuki	**Leerplan VKA**
g. San ren tsuki	**Leerplan VKA**
Kihon-Geri (Hanmi gamae)	
a. Tsugi ashi sokutogeri - keage	
b. Ushirogeri	
c. Tobi maegeri	
d. Tobi mawashigeri	
Renzoku waza	
a. Okuri ashi jodan jun no nido zuki - ayumi ashi chudan nagashi gyakuzuki - mawashigeri chudan - chudan gyakuzuki	
b. Okuri ashi jodan gyakuzuki - ashi barai - kekaeshi sokutogeri kebanashi - jodan uraken uchi - chudan tsuki age gyakuzuki	
c.Uchi okuri ashi jodan chi nagashi junzuki - jodan gyakuzuki - maegeri chudan	
Kata	
a. Pin-an Yodan	
b. Pin-an Godan	
Nihon gumite	
a. Ippon me (Nr 1)	Jodan - chudan uke
b. Nihon me (Nr 2)	Keri uke - keri nagashi uke
Goshin ho	
a. Ai no te dori	
b. Gyaku no te dori	
c. Ude dori	
Kumite gata	
a. Ippon me (Nr 1)	
b. Nihon me (Nr 2)	
Ji yu kumite	
a. 2 x 1min	
Japanse woorden :	
a. Dojo kun	Leefregels, erecode