

Examenprogramma : 2 de Kyu



Kihon-Tsuki & Uke

a. Kette sando junzuki	
b. Kette sando gyakuzuki	
c. Tobikomi nagashizuki - chudan age nagashi uke	
d. Age uke - gyaku tsuki (= Jodan uke - gyakuzuki)	Leerplan VKA
e. Uchi uke - kizami tsuki - gyaku nukite (= Naiwan uke)	Leerplan VKA
f. Soto uke - yoko empi chi - uraken uchi (= Gaiwan uke)	Leerplan VKA
g. Gedan barai - uraken uchi (zelfde arm) - gyakuzuki	Leerplan VKA

Kihon-Geri (Hanmi gamae)

a. Maegeri jodan	
b. Mawashigeri jodan	
c. Ura mawashigeri jodan	
d. Nidan geri	

Renzoku waza

a. Tsugi ashi jodan gyakuzuki - ayumi ashi chudan gyakuzuki - maegeri chudan - chudan nagashi gyakuzuki - jun no furiken uchi	
b. Uchi okuri ashi sokuto kebanashi - jodan uraken uchi - maegeri chudan - jodan junzuki - chudan gyakuzuki - jodan junzuki	
c. Okuri ashi jodan gyakuzuki - ashi barai - ushirogeri chudan - jodan uraken uchi - maegeri chudan - chudan nagashi gyakuzuki - jodan junzuki	

Kata

a. Pin-an Godan	
b. Kushanku	

Goshin ho

a. Mae ryo te dori	
b. Katate eri dori	

Kumite gata

a. Sanbon me (Nr 3)	
b. Yonhon me (Nr 4)	

Kihon gumite

a. Ippon me (Nr 1)	
b. Nihon me (Nr 2)	

Ji yu kumite

a. 2 x 1min	
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Theoretische kennis

a. Welke is de langste kata in Wado-ryu ?	Kushanku
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