

2^e Kyu Exameneisen 2^e Bruine Band

Kihon Waza

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki notsukkomi
4. kette gyakuzuki no tsukkomi
5. Tobikomizuki
6. nagashizuki
7. surikomi ura mawashigeri
8. ushirogeri chudan

Renrakuwaza

1. surikomi maegeri – tobikomizuki – sokuto gedan – ushirogeri– gyakuzuki chudan
2. nagashizuki – maegeri– mawashigeri maeashi chudan – uraken -gyakuzuki chudan
3. zenshinshite jodan – chudan – surikomi maegeri– tobikomizuki – gyakuzuki

Yakusoku Kumite

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|------------------------------|---|----------------------------------|
| 1. sanbon kumite chudan uke | ipponmé en nohonmé | 1 ^e en 2 ^e |
| 2. sanbon kumite jodan uke | ipponmé en nohonmé | 1 ^e en 2 ^e |
| 3. sanbon kumite maegeri uke | sanbonme en yonhonmé | 3 ^e en 4 ^e |
| 4. ohyo kumite | gohonmé en ropponmé | 5 ^e en 6 ^e |
| 5. kihon kumite | sanbonme en yonhonmé | 3 ^e en 4 ^e |
| 6. jiyu kumite | vrij gevecht 3 partijtjes van 2 minuten | |

Kata : Kushanku & 1 pinan Kata's