

Training

- Opwarming
- Karate

Karate



- **Kihon = basistechnieken**
 - Hoogte
 - Jodan, Chudan, Gedan
 - Standen
 - Zenkutsu dachi , kokutsu dachi , kiba dachi, . . .
 - Afweren
 - Gedan barai, age uke, soto uke, uchi uke, shuto uke
 - Tegenaanvallen
 - Stoten: Oi tsuki, gyaku tsuki, kizami tsuki, . . .
 - Schoppen: mae geri, mawashi geri, yoko geri keage, yoko geri kekomi, ushiro geri, . . .
- **Kumite = sparren**
- **Kata = stijloefening met vastgelegde bewegingen (26)**
 - Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan
 - Tekki Shodan, Tekki Nidan, Tekki Sandan
 - Bassai Dai, Bassai Sho
 - Kanku Dai, Kanku Sho
 - Enpi, Jion, Gankaku, Hangetsu, Jitte, Chinte, Sochin, Meikyo, Jiin, Gojushiho Dai, Gojushiho Sho, Nijushiho, Wanka & Unsu



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