

Sokuto chudan	X				X		X
Surikomi sokuto chudan		X					
Nidangeri (maetobigeri)		X		X		X	
Ushirogeri hiza (gedan)			X				
Ushirogeri chudan				X	X	X	X

1.4 Kihon: Renraku waza

Zenkutsu dachi

Maegeri, gyakuzuki	X						
Surikomi maegeri, gyakuzuki	X						
Sokuto fumikomi, gyakuzuki	X						
Maegeri chudan, sokuto fumikomi, gyakuzuki chudan	X						
Soto uke chudan, gyakuzuki chudan	X						
Uchi uke chudan, gyakuzuki chudan	X						
Maegeri, mawashigeri, gyakuzuki (alles chudan)		X					
Surikomi maegeri chudan, mawashigeri jodan, gyakuzuki chudan		X					
Maegeri/ sokuto, gyakuzuki (alles chudan)		X					
Maegeri chudan, tobikomizuki jodan, gyakuzuki			X				
Surikomi sokuto chudan, mawashigeri jodan, gyakuzuki chudan			X				
Maegeri jodan, sokuto fumikomi, uraken jodan, gyakuzuki chudan			X				
Maegeri chudan, nagashizuki jodan, gyakuzuki chudan				X			
Maegeri chudan, sokuto gedan, ushirogeri hiza, gyakuzuki chudan				X			
Mawashigeri chudan, ushirogeri hiza, uragen jodan, gyakuzuki chudan				X			

Maegeri chudan, nagashuzuki jodan, gyakuzuki chudan, tobikomizuki jodan

X

Maegeri chudan, sokuto gedan, ushirogeri chudan, uragen jodan, gyakuzuki

X

Surikomi maegeri chudan, sokuto gedan, ushirogeri hiza, uragen jodan, gyakuzuki chudan

X

Surikomi maegeri chudan, tobikomizuki jodan, sokuto gedan, ushirogeri chudan, gyakuzuki

X

Maegeri chudan, nagashizuki jodan, mawashigeri chudan, uragen jodan, gyakuzuki chudan

X

X

Zenshitite jodan chudan renzuki, mawashigeri chudan, gyakuzuki chudan

X

Maegeri chudan, nagashizuki jodan, gyakuzuki jodan, mawashigeri jodan

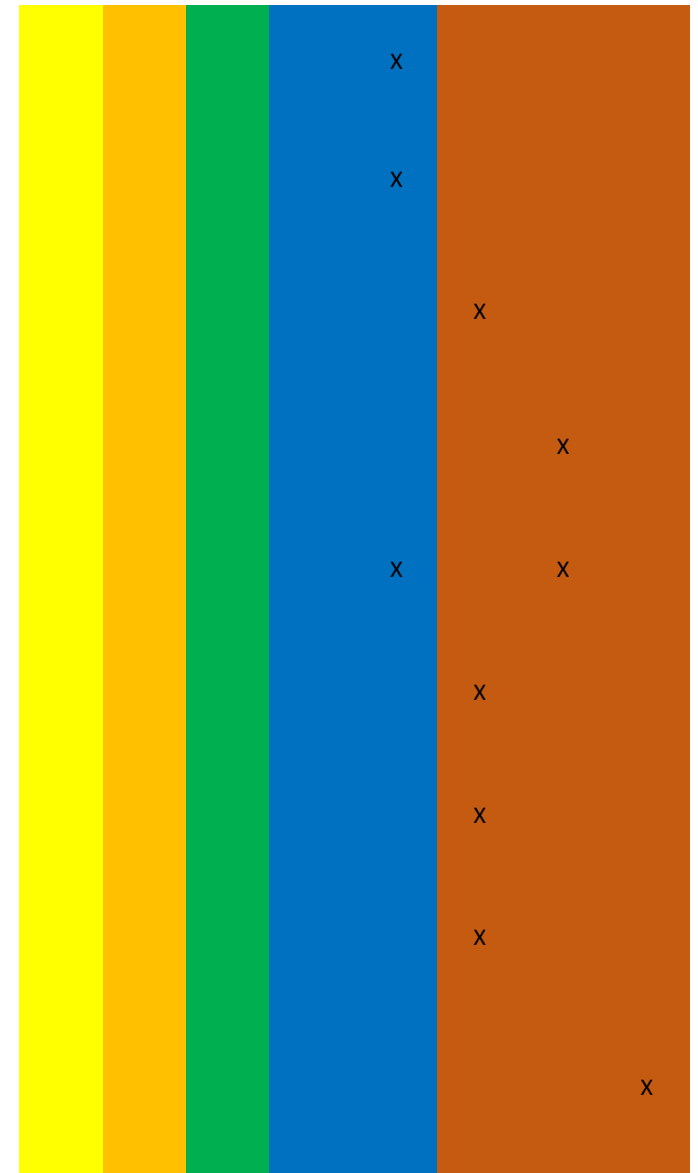
X

Zenshitite jodan chudan renzuki, surikomi maegeri chudan, tobikomizuki jodan, gyakuzuki chudan renzuki

X

Zenshinshite jodan chudan renzuki, maegeri chudan, mawashigeri chudan, ushirogeri chudan, uragen jodan, gyakuzuki chudan

X



Maegeri chudan, tobikomizuki jodan, gyakuzuki chudan, sokuto chudan, mawashigeri jodan, uragen jodan, gyakuzuki chudan

X

Maegeri chudan, nagashizuki jodan, gyakuzuki chudan, sokuto fumikomi, mawashigeri chudan, ushirogeri chudan, uragen jodan, gyakuzuki chudan

X

2. KATA

Kihon no Kata

X

Pinan nidan

X

Pinan shodan

X

Pinan sandan

X

Pinan yondan

X

Pinan godan

X

Kushanku

X

X

Naihanchi

X

3. YAKUSOKU KUMITE

Sanbon kumite - uchi uke

X

X

Sanbon kumite - soto uke

X

X

Sanbon kumite - maegeri 1

X

X

Sanbon kumite - maegeri 2

X

X

X

X

Sanbon kumite - maegeri 3

X

X

X

X

Sanbon kumite - maegeri 4

X

X

X

Sanbon kumite - maegeri 5

X

X

X

Sanbon kumite - maegeri 6

X

X

Sanbon kumite - jodan 1

X

X

X

Sanbon kumite - jodan 2

X

X

X

X

Sanbon kumite - jodan 3

X

X

X

X

Sanbon kumite - jodan 4

X

X

Ohyo kumite nr. 1

X

X

Ohyo kumite nr. 2

X

X

Ohyo kumite nr. 3

X

Ohyo kumite nr. 4

X

Ohyo kumite nr. 5

X

Ohyo kumite nr. 6								X	
Ohyo kumite nr. 7									X
Ohyo kumite nr. 8									X
Kihon kumite nr. 1							X		
Kihon kumite nr. 2								X	
Kihon kumite nr. 3									X
Kihon kumite nr. 4									X
4. JIJU KUMITE									
3 x 1 minuut	1 ronde aanvallen		X	X	X				
	1 ronde verdedigen		X	X	X				
	1 ronde aanvallen en verdedigen		X	X	X				
9 x 1 minuut	3 ronde aanvallen					X	X	X	X
	3 ronde verdedigen					X	X	X	X
	3 ronde aanvallen en verdedigen					X	X	X	X