



**GOJU-KAI KARATE-DO  
NEDERLAND**

# **KYU GRAAD EXAMEN EISEN**

## **6<sup>e</sup> KYU**





## Exameneisen

Onderdeel	Eisen
Kihon Rensyu Ho	<p><b>Kihon</b></p> <p><b>Tachi Kata</b> <span style="float: right;"><b>Vormen van standen</b></span></p> <p>Heisoku Dachii Musubi Dachii Heiko Dachii Shiko Dachii Heikaku (180°) Shiko Dachii Shakaku (45°) Sanchin Dachii Hanzenkutsu Dachii Zenkutsu Dachii Nekoashi Dachii</p> <p>Onderstaande technieken worden gevraagd vanuit verschillende standen.</p> <p><b>Uke Waza</b> <span style="float: right;"><b>Afweertechieken</b></span></p> <p>Jodan (Age) Uke Chudan (Yoko) Uke Gedan (Haraiotoshi) Uke Yoko Uke Shita Barai Chudan Uchi Uke Kake Uke Mawashi Uke Shuto Uke</p> <p><b>Tsuki Waza</b> <span style="float: right;"><b>Stoottechnieken</b></span></p> <p>Jodan Seiken Zuki Chudan Seiken Zuki Chudan Seiken Zuki Sokuho Seiken Zuki Shita Zuki Age Zuki</p> <p><b>Ate Waza</b> <span style="float: right;"><b>Elleboogtechnieken</b></span></p> <p>Mae Hiji Ate Mawashi Hiji Ate Hiza Ate Teisho Ate</p>



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Onderdeel	Eisen														
	<p><b>Uchi Waza</b> <span style="float: right;"><b>Slagtechnieken</b></span></p> <p>Uraken Uchi 1 Uraken Uchi 2 Shuto Uchi 1 Furi Uchi Shuto Uchi 2 *</p> <p><b>Keri Waza</b> <span style="float: right;"><b>Traptechnieken</b></span></p> <p>Gedan Geri Mae Geri Mawashi Geri Kansetsu Geri Sokuto Geri</p>														
<b>Ido Rensyu Ho</b>	<p><b>Kihon Ido 1</b> <b>Kihon Ido 2</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Sanchin Dachii</td> <td>Jodan Age Uke, Chudan Seiken Zuki</td> </tr> <tr> <td>Zenkutsu Dachii</td> <td>Chudan Yoko Uke, Jodan Seiken Zuki</td> </tr> <tr> <td>Shiko Dachii Shakaku</td> <td>Gedan Haraiotoshi Uke, Chudan Seiken Zuki</td> </tr> <tr> <td>Sanchin Dachii</td> <td>Yoko Uke Shita Barai, Morote Zuki</td> </tr> <tr> <td>Sanchin Dachii</td> <td>Chudan Seiken Zuki, Mae Geri</td> </tr> <tr> <td>Zenkutsu Dachii</td> <td>Mae Geri, Chudan Seiken Zuki</td> </tr> <tr> <td>Shiko Dachii Shakaku</td> <td>Mawashi Hiji Ate, Yonhon Doza</td> </tr> </table>	Sanchin Dachii	Jodan Age Uke, Chudan Seiken Zuki	Zenkutsu Dachii	Chudan Yoko Uke, Jodan Seiken Zuki	Shiko Dachii Shakaku	Gedan Haraiotoshi Uke, Chudan Seiken Zuki	Sanchin Dachii	Yoko Uke Shita Barai, Morote Zuki	Sanchin Dachii	Chudan Seiken Zuki, Mae Geri	Zenkutsu Dachii	Mae Geri, Chudan Seiken Zuki	Shiko Dachii Shakaku	Mawashi Hiji Ate, Yonhon Doza
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<b>Kata</b>	<p>Taikyoku Kake Uke 1 Taikyoku Mawashi Uke 1</p>														
<b>Kumite</b>	<p><b>Yakusoku Kumite</b></p> <p>Yakusoku Ippon Kumite <span style="float: right;">Tenshin **</span></p> <p><b>Jiyu Kumite</b></p> <p><b>Ukemi waza</b> <span style="float: right;"><b>(Rol- en valbreektechnieken)</b></span></p> <p>Voorwaartse val Achterwaartse val Zijwaartse val</p> <p><b>Trap- en stootkussen</b></p>														
<b>Opmerkingen</b>	<p>* Shuto Uchi 2 = Circulaire slag van buiten naar binnen gericht ** Tenshin = ontwijken d.m.v. lineaire lichaam verplaatsing</p>														



## Notities

Datum	Onderdeel	Voortgang