

Aanvullende exameneisen Sportschool Egberth Thomas

10^e Kyu, oranje band

- 1^e ritme : morote-tsuki (jodan, chudan, gedan),
seiken-tsuki (jodan, chudan, gedan),
seiken-jodan-uke, seiken-gedan-barai, kake-wake-uke,
hiza-geri, gin-geri, mae-keage

9^e Kyu, oranje band met streep

- 2^e ritme : seiken-ago-uchi, seiken-tsuki (jodan, chudan, gedan),
seiken-chudan-mawashi-tsuki (=seiken-kagi-tsuki),
seiken-tate-tsuki (jodan, chudan, gedan),
seiken-chudan-soto-uke, chudan-mae-geri (chusoku)

- Kihon-no-kata-sono-ichi

- Sanbon-kumite (vanuit zenkutsu dachi):

- tori : 3x seiken-jodan-tsuki
- uke : 3x seiken-jodan-uke, 1x seiken-chudan-gyaku-tsuki

- Ippon-kumite (vanuit gevechtshouding): (zelfverdediging)

- tori : seiken-jodan-tsuki
- uke : seiken-jodan-uke, seiken-jodan-gyaku-tsuki, hiza-geri

8^e Kyu, blauwe band

- 3^e ritme : uraken-shomen-uchi, seiken-shita-tsuki,
jun-tsuki (jodan, chudan, gedan),
shuto-sakotsu-uchi, shuto-sakotsu-uchi-komi,
seiken-chudan-uchi-uke,
gedan-mawashi-geri (heisoku, chusoku),
yoko-keage (sokutsu)

- Sanbon-kumite (vanuit zenkutsu dachi):

- tori : 3x seiken-chudan-tsuki
- uke : 3x seiken-soto-uke, 1x seiken-chudan-gyaku-tsuki

- Ippon-kumite (vanuit gevechtshouding): (zelfverdediging)

- tori : seiken-chudan-tsuki
- uke : seiken-soto-uke, seiken-jodan-tate-tsuki, hiza-geri

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7^e Kyu, blauwe band met streep

- **4^e ritme** : tetsui-oroshi-ganmen-uchi, tetsui-kome-kami, tetsui-hizo-uchi, tetsui-yoko-uchi (jodan, chudan, gedan), shuto-ganmen-uchi, shuto-hizo-uchi, seiken-juji-uke (jodan, gedan), shuto-mae-mawashi-uke, mawashi-soto-keage (teisoku), mawashi-uchi-keage (heisoku), chudan-mawashi-geri (heisoku, chusoku), kansetsu-geri

- **Sanbon-kumite** (vanuit zenkutsu dachi):

tori : 3x seiken-jodan-tsuki (borsthoogte)

uke : 3x seiken-uchi-uke, 1x uraken-shomen-uchi

- **Ippon-kumite** (vanuit gevechtshouding):

(zelfverdediging)

tori : seiken-chudan-tsuki (borsthoogte)

uke : seiken-uchi-uke, uraken-shomen-uchi, seiken-shita-tsuki, hiza-geri

6^e Kyu, gele band

- **5^e ritme** : uraken-sayu-uchi, uraken-mawashi-uchi, uraken-hizo-uchi, uraken-oroshi-ganmen-uchi, shuto-jodan-uchi-uchi, nihon-nukite, yonhon-nukite (jodan, chudan), hiji-ate (jodan, chudan), morote-chudan-uchi-uke, seiken-uchi-uke/gedan-barai, yoko-geri (chudan), uchiro-geri (chudan)

- **Kihon-no-kata-sono-ni**

- **1^e kyokushin kumite:**

tori : seiken-jodan-oi-tsuki (migi), seiken-chudan-gyaku-tsuki (hidari)

uke : seiken-uchi-uke (hidari), seiken-soto-uke (hidari), seiken-gedan-barai (hidari), chudan-mae-geri (hidari), shuto-sakotsu-uchi (migi), hiza-geri (migi)

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5^e Kyu, gele band met streep

- 6^e ritme : shotei-uchi (jodan, chudan, gedan), jodan-age-hiji-ate, shotei-uke (jodan, chudan, gedan), mae-mawashi-uke, ushiro-geri (3 manieren)

- 2^e kyokushin kumite:

tori : chudan-mae-geri (migi)
uke : gedan-shotei-uke (hidari), chudan-mae-geri (hidari), seiken-jodan-tate-tsuki (migi), (uke pakt met links arm van tori vast), haito-uchi (migi), o-soto-gari, seiken-gedan-gyaku-tsuki (migi)

4^e Kyu, groene band

- 7^e ritme : shuto-sakotsu-uchi, shuto-ganmen-uchi, shuto-sakotsu-uchi-komi, shuto-hizo-uchi, shuto-uchi-uchi, shuto-jodan-kake-uke, shuto-jodan-uke, shuto-chudan-soto-uke, shuto-chudan-uchi-uke, shuto-mae-gedan-barai
shuto-mae-mawashi-uke, jodan-yoko-geri, jodan-mawashi-geri (chusoku, heisoku), jodan-ushiro-geri

- 3^e kyokushin kumite:

tori : seiken-chudan-oi-tsuki (migi)
uke : seiken-uchi-uke (hidari), uraken-shomen-uchi (migi), (uke pakt met links arm van tori vast, tori loopt twee passen achteruit, uke loopt mee in kruispas), chudan-yoko-geri (hidari), seiken-jodan-tate-tsuki (migi)

3^e Kyu, groene band met streep

- 8^e ritme : chudan-hiji-ate, mae-hiji-ate (chudan, jodan), jodan-hiji-ate, oroshi-hiji-ate, ushiro-hiji-ate, shuto-juji-uke (jodan, gedan), mae-kagato-geri (jodan, chudan, gedan), ago-jodan-geri

- 4^e kyokushin kumite:

(tori staat rechtsvoor in gevechtshouding)
tori : seiken-chudan-oi-tsuki (hidari)
uke : seiken-soto-uke (hidari), (uke pakt met links arm van tori vast), chudan-mawashi-geri (migi, hidari), seiken-jodan-tate-tsuki (migi)

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2^e Kyu, bruine band

- 9^e ritme : hiraken-tsuki (jodan, chudan), hiraken-oroshi-uchi, hiraken-mawashi-uchi, haishu (jodan, chudan), age-jodan-tsuki, koken-uke (jodan, chudan, gedan), tobi-oi-mae-geri, tobi-gyaku-mae-geri, tobi-nidan-geri

- 5^e kyokushin kumite:

tori : seiken-chudan-oi-tsuki (migi)
uke : seiken-uchi-uke (hidari), tensho (hidari),
(uke legt rechter hand op arm tori),
kansetsu-geri (migi), (tori zakt door knie),
ushiro-geri (hidari)

1^e Kyu, bruine band met streep

- 10^e ritme : ryoto-ken-tsuki (j/c), naka-yubi-ippon-ken (j/c), oya-yubi-ippon-ken (j/c), atama-tsuki (mae, yoko, ushiro), kake-uke-jodan, haito-uchi-uke, jodan-uchi-heisoku-geri, oroshi-uchi-kagato-geri, oroshi-soto-kagato-geri, tobi-yoko-geri,

- 6^e kyokushin kumite:

tori : chudan-yoko-geri (migi)
uke : haito-uchi-uke (hidari), (tori komt met rug naar uke),
gin-geri (migi), seiken-jodan-tate-tsuki (hidari)