



2de kyu exameneisen

80 trainingsdagen na het behalen van 3de kyu

Plus minimaal 1 jaar na behalen 3de kyu

| Aanval | Techniek |
|---|---|
| Alle technieken van eerdere examens plus onderstaande | |
| Tachiwaza | |
| Kata dori Men uchi | Ikkyo, nikyo (o/u) Iriminage Shihonage (o/u) Kokyunage |
| Gyaku-hanmi | Uchi kaitennage Soto kaitennage Jiyu waza (6 technieken) |
| Ushiro Ryote dori | Ikkyo, nikyo (o/u) Shihonage (o/u) Iriminage Kokyunage |
| Ushiro ryo kata dori | Ikkyo, nikyo (o/u) |
| Ryote dori | Sankyo, yonkyo (o/u) Kotegaeshi |
| Morote dori | Sankyo, yonkyo (o/u) Kotegaeshi |
| Yokumen uchi | Ikkyo (o/u) Iriminage Kotegaeshi Kokyunage |
| Tsuki (chudan) | Sankyo, yonkyo (o/u) Iriminage Shihonage (o/u) |
| Hanmi handachi waza | |
| Shomen uchi | Ikkyo (o/u) Iriminage Kotegaeshi |
| Morote dori | Ikkyo, nikyo (o/u) Iriminage |
| Ryote dori | Shihonage (o/u) |
| Suwariwaza | |
| Kata dori | Sankyo, yonkyo (o/u) |
| Gyaku-hanmi | Sankyo, yonkyo (o/u) |
| Shomen uchi | Iriminage Kotegaeshi |
| Ryote dori | Kokyu ho |

O = omote U = ura

Arjan de Vries
Ima Juku Dojo cho

