



4de kyu exameneisen

55 lesdagen minimaal na 5de kyu

Vorm	Aanval met partner	Techniek
Tachi Waza	Gyaku hanmi katate dori	Sankyo Yonkyo Iriminage Kotegaeshi
Tachi waza (t) & Suwari waza (s)	Aihanmi katate dori	Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t)
Tachi waza (t) & Suwari waza (s)	Kata dori <i>Schouder vastpakken spiegelstand</i>	Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t)
Tachi waza & Suwari waza	Shomen uchi	Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t) Kotegaesh (t)
Tachi waza (t) & Suwari waza (s)	Yokomen uchi	Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t) Ude kime nage (t)
Tachi waza	Chudan Tsuki <i>Stoot naar de buik</i>	Iriminage Kotegaeshi
Tachi waza	Ryote dori	Ikkyo Nikyo Shiho nage Kokyo nage
Tachi waza	Morote dori <i>2 handen pakken 1 pols</i>	Ikkyo Nikyo Kokyo nage

Arjan de Vries
Ima Juku Dojo cho

