

剛柔会 空手道



道場 敬士会

Kyu Graad Exameneisen

Senioren

1/1/2013

GOJU-KAI KARATE-DO VEENENDAAL
(**KEISHIKAI**)

Affiliated to

International Karate-do Goju-kai Association
(**I.K.G.A.**)



9^e KYU

1. KIHONRENSYU HO

Kihon

Tachi Kata

Musubi dachi
 Heiko dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi

Uke Waza

Sanchin dachi - Jodan age uke
 Zenkutsu dachi - Chudan yoko uke
 Shiko dachi heikaku - Gedan haraiotoshi uke

Tsuki Waza

Sanchin dachi - Jodan seiken zuki
 Zenkutsu dachi - Chudan seiken zuki
 Shiko dachi heikaku - Chudan seiken zuki

Uchi Waza

Heiko dachi - Uraken uchi shomen

Keri Waza

Heiko dachi - Gedan geri
 Heiko dachi - Mae geri
 Heiko dachi - Mawashi geri

2. IDORENSYU HO

Kihon Ido 1

Sanchin dachi - Jodan age uke
 Zenkutsu dachi - Chudan yoko uke
 Shiko dachi shakaku - Gedan haraiotoshi uke
 Sanchin dachi - Jodan seiken zuki
 Zenkutsu dachi - Chudan seiken zuki
 Shiko dachi shakaku - Chudan seiken zuki

3. KATA

Taikyoku kata Jodan 1
 Taikyoku kata Chudan 1
 Taikyoku kata Gedan 1

4. KUMITE

Jakusoku ippon kumite - Tenshin

- | | | | |
|--------------|---------------------|---|---|
| 1. Aanval: | Zenkutsu dachi | - | Jodan seiken zuki |
| Verdediging: | Zenkutsu dachi | - | Jodan age uke, chudan seiken zuki |
| 2. Aanval: | Zenkutsu dachi | - | Chudan seiken zuki |
| Verdediging: | Zenkutsu dachi | - | Chudan uchi uke, jodan seiken zuki |
| 3. Aanval: | Zenkutsu dachi | - | Chudan seiken zuki |
| Verdediging: | Shiko dachi shakaku | - | Gedan haraiotoshi uke, chudan seiken zuki |
| 4. Aanval: | Zenkutsu dachi | - | Mae geri |
| Verdediging: | Zenkutsu dachi | - | Gedan haraiotoshi uke, jodan seiken zuki |
| 5. Aanval: | Hanzenkutsu dachi | - | Mawashi geri |
| Verdediging: | Zenkutsu dachi | - | Jodan nagashi uke, jodan seiken zuki |

Jiyu kumite

8^e KYU
1. KIHONRENSYU HO
Kihon
Tachi Kata

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai

Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho seiken zuki

Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu

Ate Waza

Heiko dachi	-	Mae hiji ate
Heiko dachi	-	Mawashi hiji ate

Keri Waza

Heiko dachi	-	Gedan geri
Heiko dachi	-	Mae geri
Heiko dachi	-	Mawashi geri

2. IDORENSYU HO
Kihon Ido 1

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi sahakaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi shakaku	-	Chudan seiken zuki
Zenkutsu dachi	-	Mae hiji ate
Shiko dachi chokkaku	-	Chudan seiken zuki
Sanchin dachi	-	Mae geri
Zenkutsu dachi	-	Mae geri

3. KATA

Taikyoku kata Jodan 1, 2
 Taikyoku kata Chudan 1, 2
 Taikyoku kata Gedan 1, 2

4. KUMITE

Yakusoku ippon kumite (Tenshin, Sabaki)
Jiyu kumite



1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke

Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki

Ate Waza

Heiko dachi	-	Mae hiji ate
Heiko dachi	-	Mawashi hiji ate
Hanzenkutsu dachi	-	Hiza ate

Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu
Heiko dachi	-	Shuto uchi

Keri Waza

Heiko dachi	-	Gedan geri
Heiko dachi	-	Mae geri
Heiko dachi	-	Mawashi geri
Heiko dachi	-	Kansetsu geri



2. IDORENSYU HO

Kihon Ido 1

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi shakaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi shakaku	-	Chudan seiken zuki
Zenkutsu dachi	-	Mae hiji ate
Shiko dachi chokkaku	-	Chudan seiken zuki
Sanchin dachi	-	Mae geri
Zenkutsu dachi	-	Mae geri
Hanzenkutsu dachi	-	Mawashi geri
Shiko dachi shakaku	-	Kansetsu geri

Kihon Ido 2

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki

3. KATA

Taikyoku kata Jodan, Chudan, Gedan 1, 2
 Taikyoku kata Kake uke 1
 Taikyoku kata Mawashi uke 1

4. KUMITE

Kihon Yakusoku kumite 1

Ippon (armen)

1. Aanval:	Sanchin dachi	-	Jodan seiken zuki
Verdediging:	Tenshin sanchin dachi	-	Jdan age uke, chudan seiken zuki
2. Aanval:	Zenkutsu dachi	-	Chudan seiken zuki
Verdediging:	Tenshin zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
3. Aanval:	Shiko dachi shakaku	-	Chudan seiken zuki
Verdediging:	Tenshin shiko dachi	-	Gedan haraiotoshi uke, chudan seiken zuki

Sanbon (armen)

Aanval en verdediging achter elkaar uitvoeren. Na de laatste afweerteknik een tegenaanval maken door middel van: Chudan zuki.

Ippon (benen)

1. Aanval:	Sanchin dachi	-	Mae geri
Verdediging:	Tenshin sanchin dachi	-	Hiki ashi, mae geri
2. Aanval:	Zenkutsu dachi	-	Mae geri
Verdediging:	Tenshin zenkutsu dachi	-	Hiki ashi, mae geri
3. Aanval:	Shiko dachi shakaku	-	Mawashi geri
Verdediging:	Tenshin shiko dachi	-	Hiki ashi, mawashi geri

Sanbon (benen)

Bovenstaande aanvalstechnieken achter elkaar uitvoeren. Na de laatste aanvalstechniek een tegenaanval maken door middel van: Hiki ashi, mawashi geri.

Jiyu kumite



1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Uchi hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki

Ate Waza

Heiko dachi	-	Mae hiji ate
Heiko dachi	-	Mawashi hiji ate
Hanzenkutsu dachi	-	Hiza ate
Heiko dachi	-	Teisho ate

Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Furi uchi

Keri Waza

Gedan geri
 Mae geri
 Mawashi geri
 Kansetsu geri
 Sokuto geri

Bovenstaande traptechnieken worden vanuit verschillende standen worden gevraagd.



2. IDORENSYU HO

Kihon Ido 1

Kihon Ido 2

Sanchin dachi	- Jodan age uke, chudan seiken zuki
Zenkutsu dachi	- Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	- Gedan haraiotoshi uke, chudan seiken zuki
Sanchin dachi	- Yoko uke shita barai, morote zuki
Sanchin dachi	- Chudan seiken zuki, mae geri
Zenkutsu dachi	- Mae geri, chudan seiken zuki
Shiko dachi shakaku	- Mawashi hiji ate yonhon doza

3. KATA

Taikyoku kata Jodan 1, 2
Taikyoku kata Chudan 1, 2
Taikyoku kata Gedan 1, 2
Taikyoku kata kake uke 1, 2
Taikyoku kata Mawashi uke 1, 2
Gekisai Dai Ichi

4. KUMITE

Kihon yakusoku kumite 1

Kihon yakusoku kumite 2

Ippon (armen - uradori)

- | | |
|--------------|--|
| 1. Aanval: | Sanchin dachi - Jodan seiken zuki - chudan yoko uke, jodan seiken zuki |
| Verdediging: | Tenshin sanchin dachi - Jodan age uke, chudan seiken zuki |
| 2. Aanval: | Zenkutsu dachi - Chudan seiken zuki - jodan age uke, chudan seiken zuki |
| Verdediging: | Tenshin zenkutsu dachi - chudan yoko uke, jodan seiken zuki |
| 4. Aanval: | Shiko dachi shakaku - chudan seiken zuki - gedan uke, chudan seiken zuki |
| Verdediging: | Tenshin shiko dachi - gedan uke, chudan seiken zuki |

Sanbon (armen uradori)

Aanval en verdediging is gelijk aan bovenstaande serie, alleen stapt men nu achter elkaar door naar de drie verschillende standen.

Ippon (benen)

- | | |
|--------------|--|
| 1. Aanval: | Sanchin dachi - Mae geri |
| Verdediging: | Tenshin sanchin dachi - Tsugi ashi, mae geri |
| 2. Aanval: | Zenkutsu dachi - Mae geri |
| Verdediging: | Tenshin zenkutsu dachi - Tsugi ashi, mae geri |
| 3. Aanval: | Shiko dachi shakaku - Mawashi geri |
| Verdediging: | Tenshin shiko dachi - Tsugi ashi, mawashi geri |

Sanbon (benen)

Aanval en verdediging is gelijk aan bovenstaande serie, alleen stapt men nu achter elkaar door naar de drie verschillende standen.

Jiyu kumite

5^e KYU

1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Uchi hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi
 Moto dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Moto dachi	-	Kizami zuki
Moto dachi	-	Chudan hiki zuki

Ate Waza

Mae hiji ate
 Ushiro hiji ate
 Mawashi hiji ate
 Yoko hiji ate
 Otoshi hiji ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:
 Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi	-	Hiza ate
Heiko dachi	-	Teisho ate

Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Tettsui uchi



Keri Waza

Gedan geri
Mae geri
Mawashi geri
Kansetsu geri
Sokuto geri
Ushiro geri

Bovenstaande traptechnieken worden vanuit verschillende standen worden gevraagd.

2. IDORENSYU HO

Kihon Ido 1

Kihon Ido 2

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki
Sanchin dachi	-	Yoko uke shita barai, morote zuki
Sanchin dachi	-	Chudan seiken zuki, mae geri
Zenkutsu dachi	-	Mae geri, chudan seiken zuki
Shiko dachi shakaku	-	Mawashi hiji ate yonhon doza
Zenkutsu dachi	-	Mae hiji ate, chudan seiken zuki
Shiko dachi chokkaku	-	Tettsui, uraken uchi
Sanchin dachi	-	Mae geri, mawashi geri

3. KATA

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2
Gekisai dai ichi
Gekisai dai ni

4. KUMITE

Kihon Yakusoku kumite 1, 2

Jiyu kumite

4^e KYU

1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Uchi hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi
 Moto dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

Tsuki Waza

Sanchin dachi	-	Jodan seiken zuki
Zenkutsu dachi	-	Chudan seiken zuki
Shiko dachi heikaku	-	Chudan seiken zuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Moto dachi	-	Kizami zuki
Moto dachi	-	Chudan hiki zuki
Heiko dachi	-	Nukite zuki

Ate Waza

Mae hiji ate
 Ushiro hiji ate
 Mawashi hiji ate
 Yoko hiji ate
 Otoshi hiji ate

Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:
 Zenkutsu dachi, heiko dachi en shiko dachi heikaku

Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi



Keri Waza

Gedan geri
Mae geri
Mawashi geri
Kansetsu geri
Sokuto geri
Ura mawashi geri
Ushiro geri

Bovenstaande traptechnieken worden vanuit verschillende standen worden gevraagd.

2. IDORENSYU HO

Kihon Ido 1

Kihon Ido 2

Sanchin dachi	-	Jodan age uke, chudan seiken zuki
Zenkutsu dachi	-	Chudan yoko uke, jodan seiken zuki
Shiko dachi shakaku	-	Gedan haraiotoshi uke, chudan seiken zuki
Sanchin dachi	-	Yoko uke shita barai, morote zuki
Sanchin dachi	-	Chudan seiken zuki, mae geri
Zenkutsu dachi	-	Mae geri, chudan seiken zuki
Shiko dachi shakaku	-	Mawashi hiji ate yonhon doza
Zenkutsu dachi	-	Mae hiji ate, chudan seiken zuki
Shiko dachi chokkaku	-	Tettsui, uraken uchi
Sanchin dachi	-	Mae geri, mawashi geri
Zenkutsu dachi	-	Mae geri, mae hiji ate yonhon doza
Hanzenkutsu dachi	-	Sokuto geri, chudan seiken zuki
Shiko dachi shakaku	-	Kansetsu geri, age zuki yonhon doza

3. KATA

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2
Gekisai dai ichi
Gekisai dai ni
Saifa

4. KUMITE

Kihon Yakusoku kumite 1, 2

Nekoashi dachi kihon kumite

5.	Aanval:	Suriashi dachi	-	Jodan seiken zuki
	Verdediging:	Tenshin sanchin dachi, jodan age uke	-	Chudan hiki zuki
6.	Aanval:	Zenkutsu dachi	-	Chudan seiken zuki
	Verdediging:	Tenshin hanzenkutsu dachi, shuto uke	-	Jodan hiki zuki
7.	Aanval:	Shiko dachi shakaku	-	Chudan seiken zuki
	Verdediging:	Tenshin shiko dachi heikaku, gedan haraiotoshi uke	-	Chudan hiki zuki
8.	Aanval:	Mae geri	-	Hanzenkutsu dachi
	Verdediging:	Kokutsu dachi, gedan haraiotoshi uke	-	Ura uchi ken
9.	Aanval:	Zenkutsu dachi	-	Chudan seiken zuki
	Verdediging:	Tenshin nekoashi dachi, kake uke	-	Mae geri

Bovenstaande aanvals- en verdedigingstechnieken zowel links als rechts uitvoeren.

Kata bunkai kumite

Totale applicatie kata bunkai kumite: Gekisai dai ichi

Jiyu kumite



1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Uchi hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi
 Moto dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

Tsuki Waza

Sanchin dachi	-	Sanbon renzuki
Zenkutsu dachi	-	Sanbon renzuki
Shiko dachi heikaku	-	Sanbon renzuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Moto dachi	-	Kizami zuki - chudan hiki zuki
Heiko dachi	-	Nukite zuki
Heiko dachi	-	Ippon nukite zuki

Ate Waza

Mae hiji ate
 Ushiro hiji ate
 Mawashi hiji ate
 Yoko hiji ate
 Otoshi hiji ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:
 Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi	-	Hiza ate
Heiko dachi	-	Teisho ate



Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi

Keri Waza

Gedan geri
 Mae geri
 Mawashi geri
 Kansetsu geri
 Sokuto geri
 Ura mawashi geri
 Ushiro geri
 Kakato otoshi geri

Bovenstaande traptechnieken worden vanuit verschillende standen gevraagd.

2. IDORENSYU HO

Kihon Ido 1, 2

3. KATA

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2
 Gekisai dai ichi
 Gekisai dai ni
 Saifa
 Sanchin
 Tensho

4. KUMITE

Kihon Yakusoku kumite 1, 2 Nekoashi dachi kihon kumite

Yonhon Kumite

1. Aanval:	Tsugiashi	-	Jodan seiken zuki
Verdediging:	Tenshin hikiashi	-	Chudan seiken zuki
5. Aanval:	Ayumiashi	-	Jodan seiken zuki
Verdediging:	Tenshin nekoashi dachi	-	Jodan seiken zuki
6. Aanval:	Shiko dachi	-	Chudan seiken zuki
Verdediging:	Ayumiashi gedan uke	-	Jodan urauchi
7. Aanval:	motodachi	-	Mae geri
Verdediging:	Tenshin nekoashi dachi	-	Mae geri
8. Aanval:	Motodachi	-	Mawashi geri
Verdediging:	Tenshin nekoashi dachi	-	Mawashi geri

Kata bunkai kumite

Totale applicatie kata bunkai kumite: Gekisai dai ichi, Gekisai dai ni.

Jiyu kumite

Goju kumite



1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Uchi hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi
 Moto dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke

Tsuki Waza

Sanchin dachi	-	Sanbon renzuki
Zenkutsu dachi	-	Sanbon renzuki
Shiko dachi heikaku	-	Sanbon renzuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Moto dachi	-	Kizami zuki - chudan hiki zuki
Heiko dachi	-	Nukite zuki
Heiko dachi	-	Ippon nukite zuki
Heiko dachi	-	Nihon nukite zuki

Ate Waza

Mae hiji ate
 Ushiro hiji ate
 Mawashi hiji ate
 Yoko hiji ate
 Otoshi hiji ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:
 Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi	-	Mae hiza ate
Hanzenkutsu dachi	-	Mawashi hiza ate
Heiko dachi	-	Teisho ate

**Uchi Waza**

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi

Keri Waza

Gedan geri
 Mae geri
 Mawashi geri
 Kansetsu geri
 Sokuto geri
 Ura mawashi geri
 Ushiro mawashi geri
 Ushiro geri
 Kakato otoshi geri

Bovenstaande traptechnieken worden vanuit verschillende standen gevraagd.

2. IDORENSYU HO**Kihon Ido 1, 2****3. KATA**

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2
 Gekisai dai ichi
 Gekisai dai ni
 Saifa
 Seinchin
 Sanchin
 Tensho

4. KUMITE

Kihon Yakusoku kumite 1, 2
Nekoashi dachi kihon kumite
Yonhon kumite

Moto dachi Nanahon kumite

1. Aanval:	Tsugi ashi	-	Jodan seiken zuki
Verdediging:	Hiki ashi	-	Jodan uchi uke, chudan hiki zuki
2. Aanval:	Tsuki ashi	-	Chudan gyaku zuki
Verdediging:	Sabaki	-	Gedan uke, jodan hiki zuki
3. Aanval:	Tsugi ashi	-	Jodan zuki, chudan seiken zuki
Verdediging:	Jodan uchi uke, sabaki gedan uke	-	chudan zuki
4. Aanval:	Ayumi ashi	-	Jodan seiken zuki
Verdediging:	Tenshin	-	Jodan nagashi uke, chudan hiki zuki
5. Aanval:	Yori ashi	-	Mae geri
Verdediging:	Sabaki	-	Gedan uke, chudan hiki zuki
6. Aanval:	Tsugi ashi	-	Mae geri
Verdediging:	Sabaki	-	Gedan uke, jodan kizami zuki
7. Aanval:	Ayumi ashi	-	Ura uchi
Verdediging:	Sabaki	-	Jodan uchi uke, ura uchi

Kata bunkai kumite

Totale applicatie kata bunkai kumite: Gekisai dai ichi, Gekisai dai ni, Saifa.

Jiyu kumite

Goju kumite

1^e KYU

1. KIHONRENSYU HO

Kihon**Tachi Kata**

Heisoku dachi
 Musubi dachi
 Heiko dachi
 Soto hachi dachi
 Uchi hachi dachi
 Shiko dachi
 Sanchin dachi
 Hanzenkutsu dachi
 Zenkutsu dachi
 Nekoashi dachi
 Moto dachi

Uke Waza

Sanchin dachi	-	Jodan age uke
Zenkutsu dachi	-	Chudan yoko uke
Shiko dachi heikaku	-	Gedan haraiotoshi uke
Sanchin dachi	-	Yoko uke shita barai
Sanchin dachi	-	Uwa uke shita barai
Heiko dachi	-	Chudan uchi uke
Heiko dachi	-	Kake uke
Heiko dachi	-	Mawashi uke
Heiko dachi	-	Shuto uke
Heiko dachi	-	Gedan teisho uke

Tsuki Waza

Sanchin dachi	-	Sanbon renzuki
Zenkutsu dachi	-	Sanbon renzuki
Shiko dachi heikaku	-	Sanbon renzuki
Heiko dachi	-	Sokuho zuki
Shiko dachi heikaku	-	Shita zuki
Heiko dachi	-	Age zuki
Heiko dachi	-	Nukite zuki
Heiko dachi	-	Ippon nukite zuki
Heiko dachi	-	Nihon nukite zuki
Moto dachi	-	Kizami zuki - chudan hiki zuki

Ate Waza

Mae hiji ate
 Ushiro hiji ate
 Mawashi hiji ate
 Yoko hiji ate
 Otoshi hiji ate

*Bovenstaande technieken worden achter elkaar uitgevoerd naar de standen:
 Zenkutsu dachi, heiko dachi en shiko dachi heikaku*

Hanzenkutsu dachi	-	Hiza ate
Hanzenkutsu dachi	-	Mawashi hiza ate
Heiko dachi	-	Teisho ate



Uchi Waza

Heiko dachi	-	Uraken uchi shomen
Heiko dachi	-	Uraken uchi sayu 1
Heiko dachi	-	Uraken uchi sayu 2
Heiko dachi	-	Shuto uchi
Heiko dachi	-	Tettsui uchi
Heiko dachi	-	Furi uchi
Heiko dachi	-	Haito uchi

Keri Waza

Gedan geri
Mae geri
Mawashi geri
Kansetsu geri
Sokuto geri
Ura mawashi geri
Ushiro mawashi geri
Ushiro geri
Kakato otoshi geri

Bovenstaande traptechnieken worden vanuit verschillende standen gevraagd.

2. IDORENSYU HO

Kihon Ido 1, 2

3. KATA

Taikyoku kata Jodan, Chudan, Gedan, Kake uke, Mawashi uke 1, 2
Gekisai dai ichi
Gekisai dai ni
Saifa
Seinchin
Sanchin
Tensho
Sanchin-Tensho

4. KUMITE

Kihon Yakusoku kumite 1, 2
Nekoashi dachi kihon kumite
Moto dachi Nanahon kumite
Yonhon kumite

Yonhon kumite uradori - Tenshin

1. De aanvaller verdedigt de tegenaanval, chudan seiken zuki, met gedan uke gevolgd met jodan seiken zuki
2. De aanvaller verdedigt de tegenaanval, jodan seiken zuki, met jodan uchiuke gevolgd met chudan seiken zuki
3. De aanvaller verdedigt de tegenaanval, jodan urauchi, met jodan teisho uke gevolgd met jodan urauchi
4. De aanvaller verdedigt de tegenaanval, mae geri, met gedan uke gevolgd met chudan seiken zuki
5. De aanvaller verdedigt de tegenaanval, mawashi geri, met jodan uchiuke gevolgd met chudan seiken zuki

Kata bunkai kumite

Totale applicatie kata bunkai kumite: Gekisai dai ichi, Gekisai dai ni, Saifa, Seinchin.

Jiyu kumite

Goju kumite