

## Exameneisen kyu-graden

### ZESDE KYU

#### TACHI WAZA (staande technieken)

<b>Aanval</b>	<b>Techniek</b>	
Aihamni katate dori	irimi nage kotegaeshi ikkyo shiho nage uchi kaiten nage sankyo	UKEMI WAZA (val- en roltechnieken)  SHIKKO (lopen in kniezit)  TAI SABAKI (lichaamsverplaatsing)
shomen uchi	irimi nage	

### VIJFDE KYU

#### TACHI WAZA

<b>Aanval</b>	<b>Techniek</b>
shomen uchi	ikkyo nikyo kotegaeshi
chudan tsuki	iriminage kotegaeshi
katate dori	shiho nage tenchi nage ikkyo udekime nage kokyu nage

#### TACHI WAZA

<b>Aanval</b>	<b>Techniek</b>
kata dori	ikkyo

#### SUWARI WAZA

<b>Aanval</b>	<b>Techniek</b>
shomen uchi	ikkyo
kata dori	ikkyo
ryote dori	zagi ho

## VIERDE KYU

### TACHI WAZA

<b>Aanval</b>	<b>Techniek</b>
shomen uchi	sankyo
	uchi kaiten sankyo
yokomen uchi	shiho nage
	irimi nage
	tenchi nage
	kotegaeshi
	udekime nage
chudan tsuki	ikkyo
	hiji kime osae
jodan tsuki	ikkyo
ryote dori	shiho nage
	tenchi nage
	udekime nage
	ikkyo

### TACHI WAZA

<b>Aanval</b>	<b>Techniek</b>
katate dori	nikyo
	kotegaeshi
morote dori	kotegaeshi
kata dori	nikyo
	kokyu nage
	tenchi nage

### SUWARI WAZA

<b>Aanval</b>	<b>Techniek</b>
shomen uchi	nikyo
kata dori	nikyo
ryote dori	zagi ho

## DERDE KYU

### TACHI WAZA

<b>Aanval</b>	<b>Techniek</b>
shomen uchi	yonkyo
	gokyo
yokomen uchi	ikkyo
	uchi kaiten sankyo
chudan tsuki	soto kaiten nage
	uchi kaiten sankyo
jodan tsuki	shiho nage
	kotegaeshi
	irimi nage
katate dori	irimi nage
	uchi kaiten nage
	soto kaiten nage
	sankyo
	yonkyo
morote dori	ikkyo
	nikyo

### UCHIRO WAZA

<b>Aanval</b>	<b>Techniek</b>
ryote dori	ikkyo
	nikyo
	sankyo
	yonkyo
	hiji kime osae
	shiho nage
	irimi nage
	kotegaeshi
	soto kaiten nage
	kokyu nage
	jiyu waza

### SUWARI WAZA

<b>Aanval</b>	<b>Techniek</b>

ryote dori

irimi nage  
kotegaeshi  
kokyu nage

shomen uchi

irimi nage  
kotegaeshi  
sankyo

## TWEEDE KYU

### TACHI WAZA

#### Aanval

yokomen uchi

#### Techniek

nikyo  
sankyo  
yonkyo  
gokyo  
koshi nage

mune dori

ikkyo  
shiho nage  
uchi kaiten nage

kata dori

ikkyo  
nikyo  
sankyo  
yonkyo

### TACHI WAZA

#### Aanval

kata dori men uchi

#### Techniek

shiho nage  
kotegaeshi  
irimi nage  
koshi nage  
ikkyo

jodan tsuki

nikyo  
sankyo

mae, mawashi geri

irimi nage

katate dori

jiyu waza

### UCHIRO WAZA

#### Aanval

eri dori

ryokata dori

#### Techniek

ikkyo  
ikkyo  
nikyo  
sankyo  
irimi nage  
kotegaeshi

ryohiji dori

irimi nage  
kotegaeshi

katate dori kubishime

ikkyo

### SUWARI WAZA

#### Aanval

shomen uchi

#### Techniek

yonkyo  
soto kaiten nage  
ikkyo  
nikyo  
sankyo  
yonkyo

kata dori

ikkyo

ryokata dori

chudan tsuki

kotegaeshi

jodan tsuki

ikkyo

## EERSTE KYU

### TACHI WAZA

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<b>Aanval</b>	<b>Techniek</b>
mune dori men uchi	ikkyo nikyo sankyo koshi nage
jodan tsuki	yonkyo koshi nage irimi nage shiho nage soto kaiten nage kiri otoshi
katate dori	jiyu waza
ryote dori	jiyu waza
morote dori	jiyu waza

### UCHIRO WAZA

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<b>Aanval</b>	<b>Techniek</b>
ryote dori	yonkyo kokyu nage koshi nage
katate dori kubishime	nikyo sankyo
eri dori	nikyo sankyo irimi nage

### HANMI HANDACHI WAZA

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<b>Aanval</b>	<b>Techniek</b>
katate dori	shiho nage uchi kaiten nage ikkyo
ryote dori	shiho nage
ushiro ryokata dori	jiyu waza

### SUWARI WAZA

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<b>Aanval</b>	<b>Techniek</b>
yokomen uchi	ikkyo nikyo sankyo yonkyo gokyo
ryokata dori	sankyo yonkyo
kata dori men uchi	irimi nage kokyu nage
ryote dori	zagi ho