



## Exameneisen 3<sup>e</sup> Kyu (bruine band)

Examendatum: \_\_\_\_\_  
 Voornaam: \_\_\_\_\_  
 Achternaam: \_\_\_\_\_

	Kihon		Cijfer	Opmerking
ZKD	Oi-tsuki jodan	VW		
ZKD	Age-uke gyaki-shuto-uchi	AW		
ZKD	Oi-tsuki chudan	VW		
ZKD	Soto-uke yoko-empu-uchi	AW		
ZKD	Oi-tsuki chudan	VW		
ZKD	Shuto-uke nukite	AW		
ZKD	Mae-geri	VW		
ZKD	Gedan- barai yoko-uraken-uchi	AW		
ZKD	Mawashi-geri	VW		
ZKD	Uchi-uke kizame-tsuki gyaku-tsuki	AW		
ZKD	Yoko-geri-kekomi	VW		
ZKD	Kake-uke gyaku-tsuki	AW		
ZKD	Ushiro-geri	VW		
ZKD	Otoshi-uke gyaku-tsuki	AW		
ZKD	Otoshi-uraken-uchi (5x)	VW		
ZKD	Yoko-uraken-uchi (5x)	VW		
ZKD	Gyaku-shuto-uchi (5x)	VW		
KBD	Yoko-tetsui-uchi (5x)	VW		

	Kata		Cijfer	Opmerking
	Heian 1 t/m 5			
	Tekki Shodan			
	Bassai-Dai			

	Ippon Kumite/Jiyu Kumite 3 technieken		Cijfer	Opmerking
	Weringen uit de kihon toepassen			
	Oi-tsuki jodan			
	Oi-tsuki chudan			
	Mae-geri			
	Ma-washi-geri			
	Yoko-geri-kekomi soto/kake-uke			
	Ushiro geri soto/kake/otoshi uke			

Examinator: \_\_\_\_\_

Uitslag: Geslaagd / Afgewezen

