

# 3<sup>e</sup> Kyu Examenen 1<sup>e</sup> Bruine Band

## Kihon Waza

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. Nagashizuki
6. mawashigeri jodan
7. sokuto chudan
8. ushirogeri chudan

## Renraku-waza

1. zenshinshite jodan chudan – mawashigeri chudan – gyakuzuki chudan
2. maegeri chudan – nagashizuki – gyakuzuki chudan – mawashigeri jodan
3. surikomi maegeri – sokuto gedan – ura ashibarai – uraken – gyakuzuki chudan

## Yakusoku Kumite

- |                              |   |                                  |
|------------------------------|---|----------------------------------|
| 1. sanbon kumite jodan uke   | sanbonmé en yonhonmé                              | 3 <sup>e</sup> en 4 <sup>e</sup> |
| 2. sanbon kumite maegeri uke | gohonmé en ropponmé                               | 4 <sup>e</sup> en 5 <sup>e</sup> |
| 3. ohyo kumite               | sanbonme en yonhonmé                              | 3 <sup>e</sup> en 4 <sup>e</sup> |
| 4. kihon kumite              | 1 <sup>e</sup> - 2 <sup>e</sup> en 3 <sup>e</sup> |                                  |
| 5. jiyu kumite               | vrij gevecht, minimaal 3 partijtjes van 2 minuten |                                  |

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