



Examen blauwe gordel (2^{de} kyu)

1. Kata

- Koshi waza (heuptechnieken)
 - ◊ Uki goshi
 - ◊ Harai goshi
 - ◊ Tsuru komi goshi

2. Rechtstaande technieken (Nage waza)

- Schakels en overname worpen
- Ashi waza (beentechnieken)
 - ◊ De ashi barai (vegen van de vooruitkomende voet)
 - ◊ Okuri ashi barai (vegen van beide voeten)
 - ◊ Uchi mata (binnenwaartse dijworp)
- Te waza
 - ◊ Tai otoshi (voorover kantelen lichaam)
- Ma sutemi waza (voorwaartse opofferingstechniek)
 - ◊ Tomoe nage (cirkelworp)

3. Grondtechnieken (Katame waza)

Osae komi waza (Houdgrepen)

- Bevrijdingen Kami shiho gatame, Kata gatame en schakels

Kansetsu waza (Klemmen)

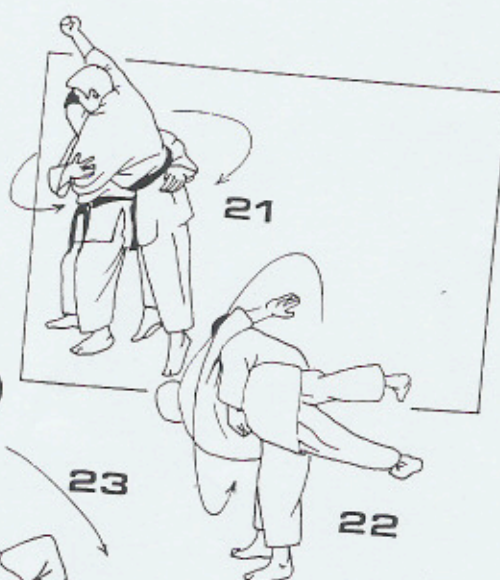
- Juji gatame (fundamenteel armklem in kruislig)
- Ude gatame (fundamenteel armklem op gestrekte arm)
- Ude garami (fundamenteel armklem met arm oprollen)
- Hiza gatame (fundamenteel armklem met knie)

Shime waza (verwurgingen)

- Hadaka jime (naakte verwurging)
- Juji jime (gekruste verwurging)
 - ◊ Nami juji jime (pinkzijde)
 - ◊ Gyaku juji jime (duimzijde)
 - ◊ Kata juji jime (duim en pinkzijde)
- Okuri eri jime (glijdende reververwurging)
- Kata ha jime (vleugellamverwurging)

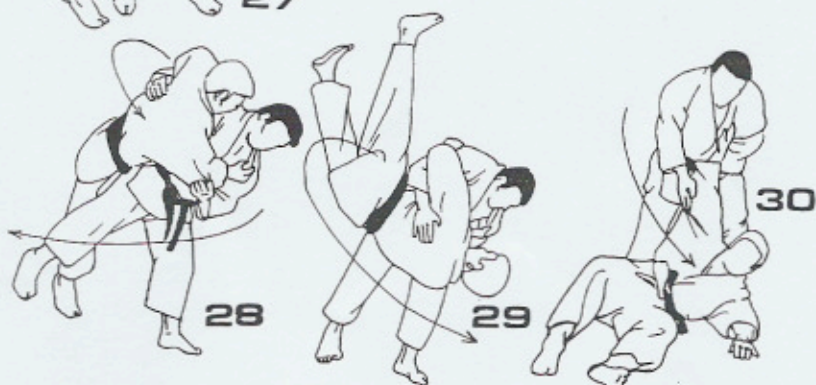
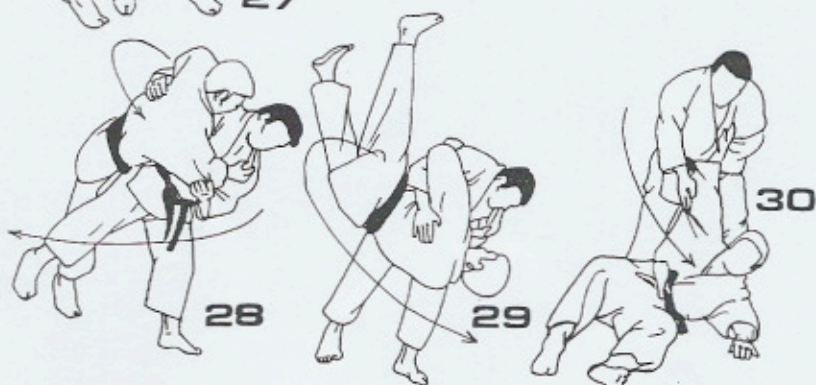
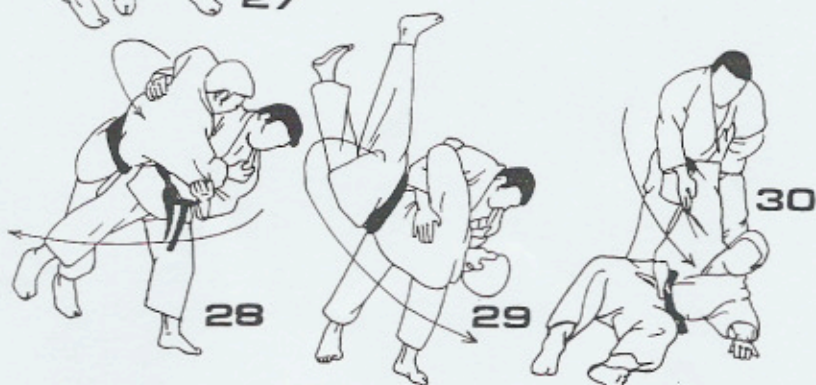
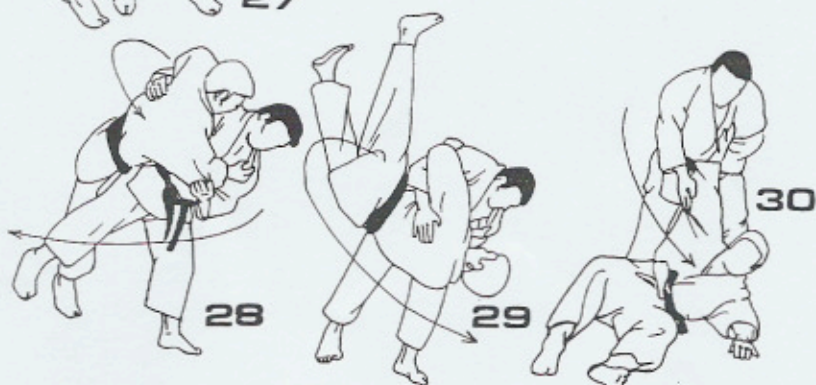


Kata: Uki goshi



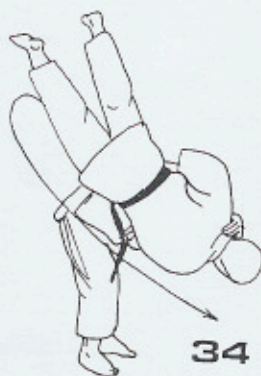


Kata: Harai goshi





Kata: Tsuru komi goshi





De ashi barai



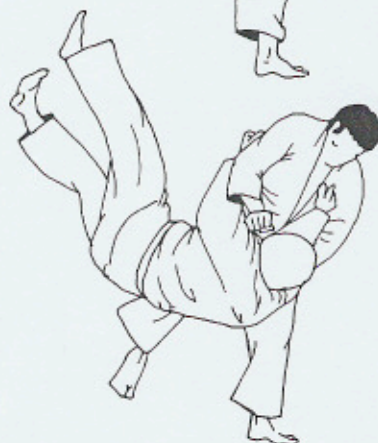
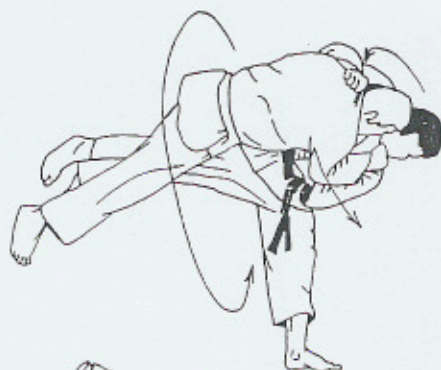


Okuri ashi barai





Uchi mata



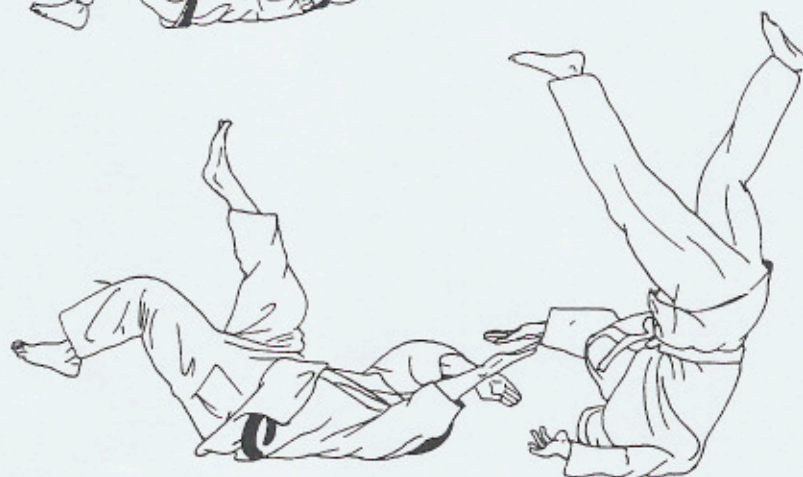


Tai otoshi



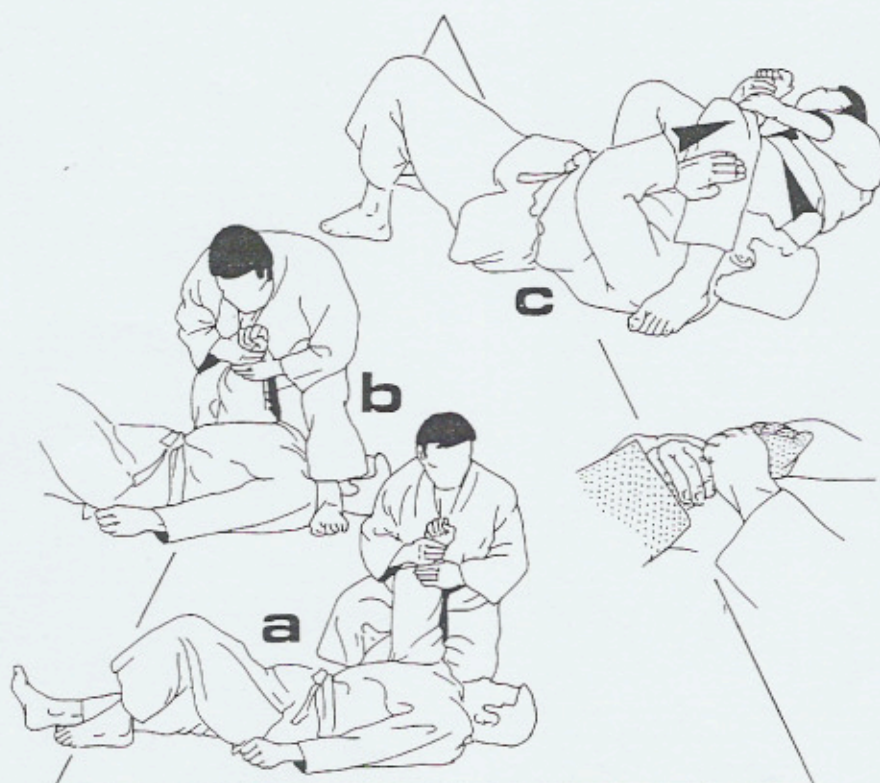


Tomoe nage



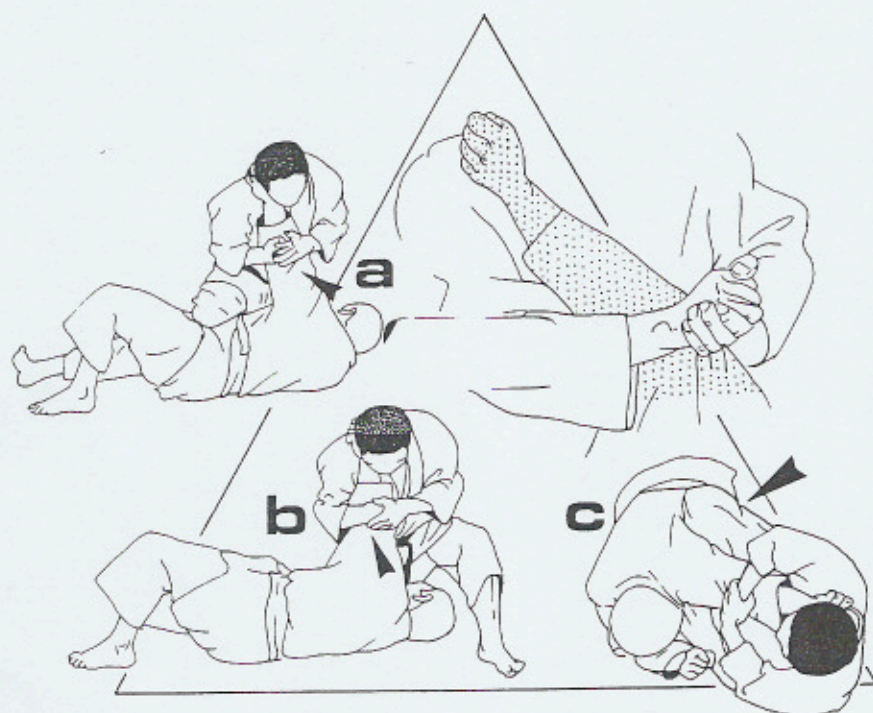


Juji gatame



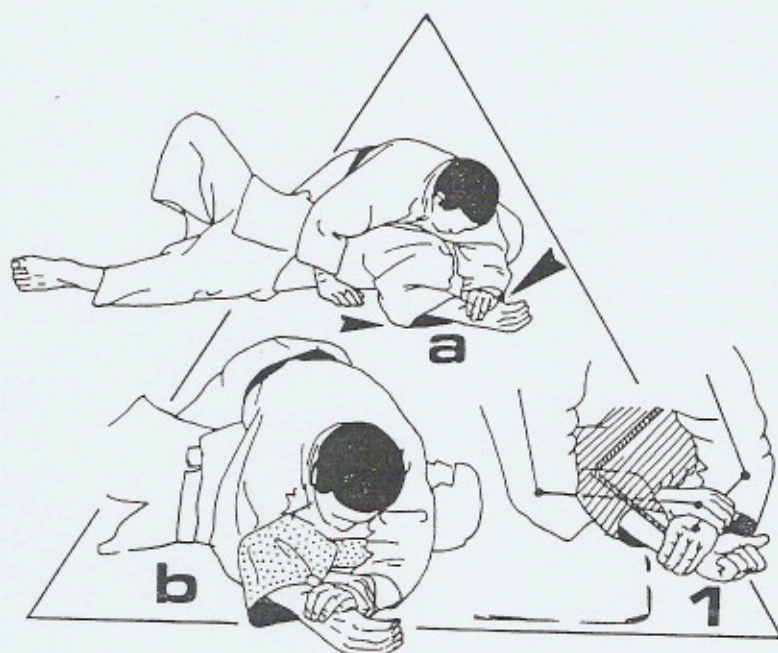


Ude gatame





Ude garami



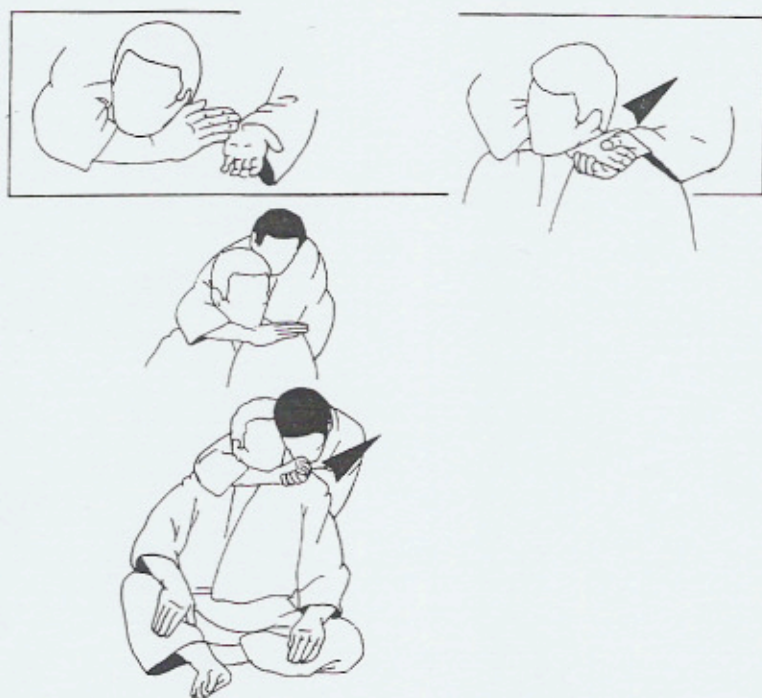


Hiza gatame





Hadaka jime



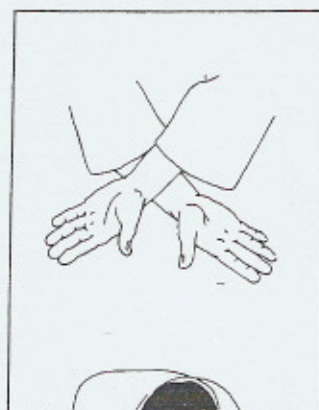


Nami juji jime

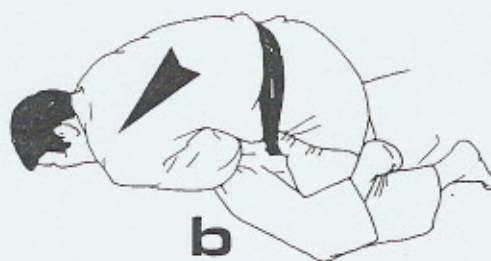




Gyaku juji jime



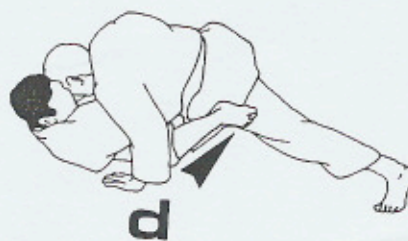
a



b



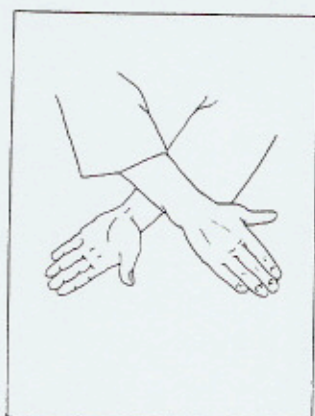
c



d



Kata juji jime





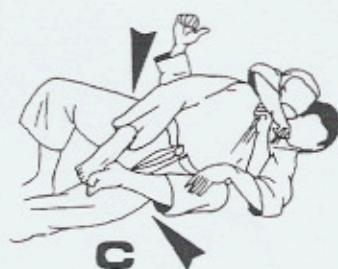
Okuri eri jime



a



b



c



Kata ha jime

