



Examen gele gordel (5^{de} kyu)



1. Algemeen

- Gordel knopen
- Groeten
 - ◊ Zarei (zittende groet)
 - ◊ Ritsurei (rechtstaande groet)
- Kuzushi (evenwichtsverstoring)
- Kumi kata (vastnemen)
- Afspraken: Hajime (begin), Matte (stop), Rei (groet), Sore made (einde les)

2. Valbewegingen (ukemi's)

- Zempo kaiten (voorwaartse val uit stand)
- Yoko ukemi (zijwaartse val uit stand, migi = rechts, hidari = links)
- Ushiro ukemi (achterwaartse val uit stand)
- Beveiliging partner tijdens worp

3. Rechtstaande technieken (Nage waza)

- Ashi waza (beentechnieken)
 - ◊ O soto gari (grote buitenwaartse maaibeweging)
 - ◊ O uchi gari (grote binnenwaartse maaibeweging)
- Koshi waza (heuptechnieken)
 - ◊ O goshi (grote heupworp)
 - ◊ Koshi guruma (heuprad)

4. Grondtechnieken (Katame waza)

Osae komi waza (Houdgrepen)

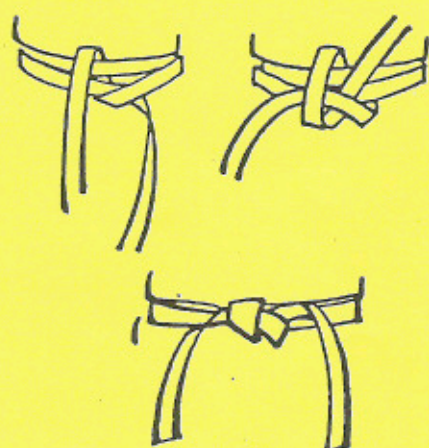
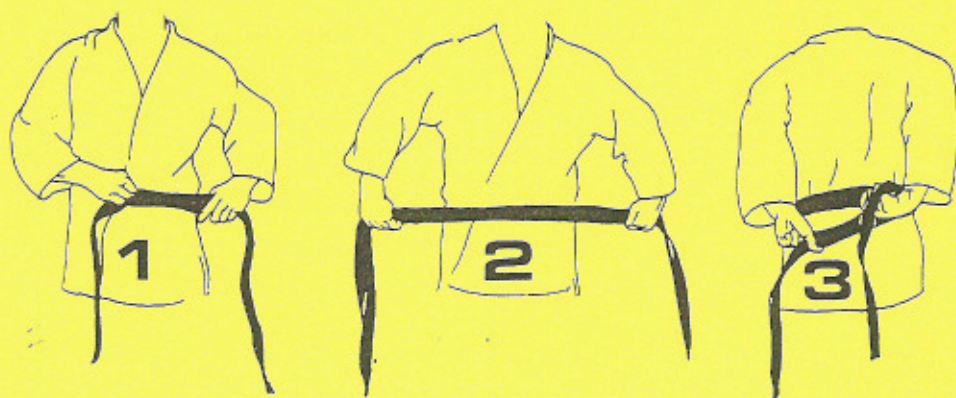
- Hon gesa gatame (basis flankcontrole)
- Tate shiho gatame (bovenop vierpuntencontrole)
- Yoko shiho gatame (zijwaarts vierpuntencontrole)
- Kami shiho gatame (bovenop vierpuntencontrole)

Klikmanieren

- 1 uit zijwaartse positie
- 1 uit voorwaartse positie
- 1 uit ruglig

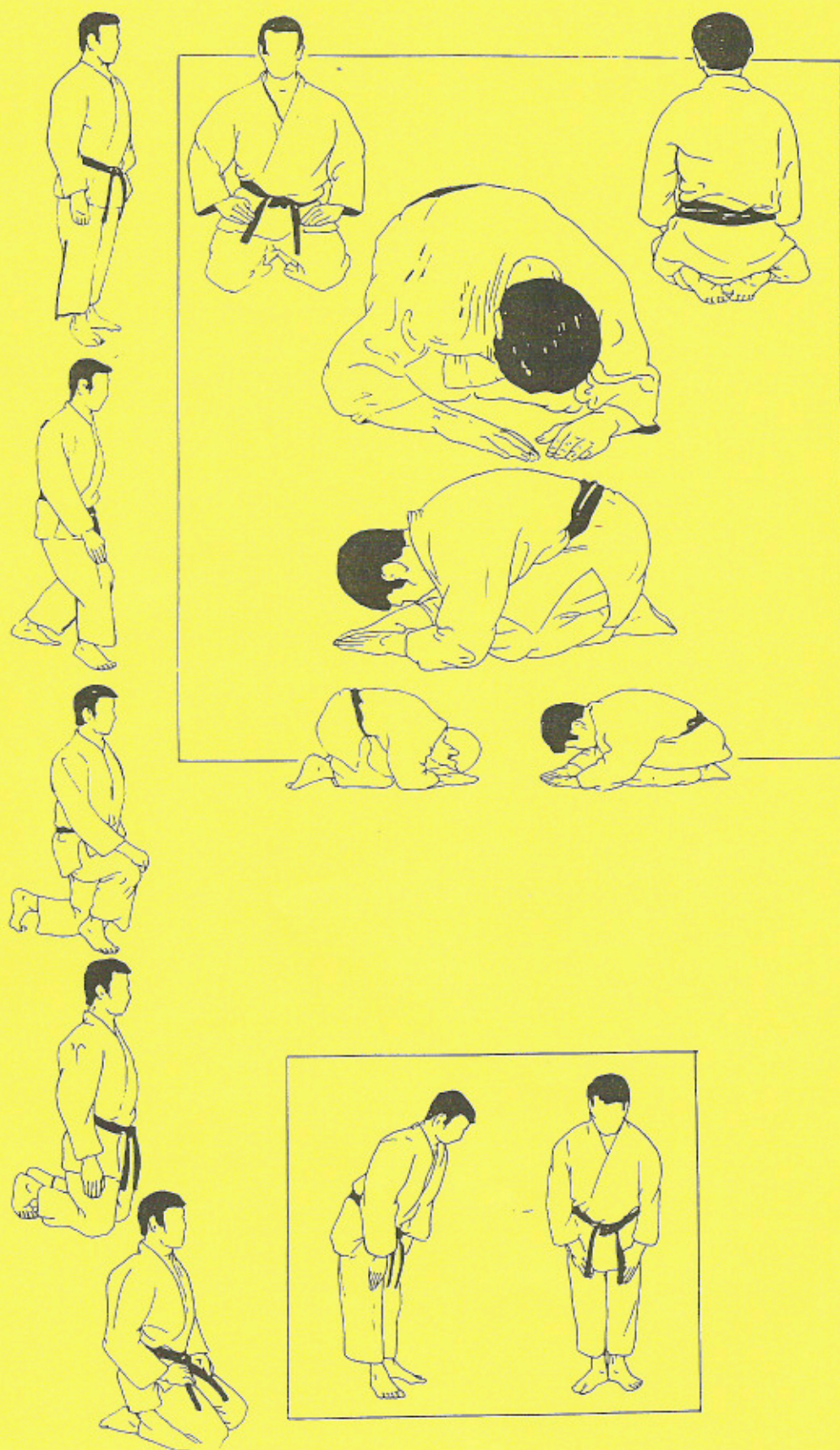


Knopen gordel





Groeten



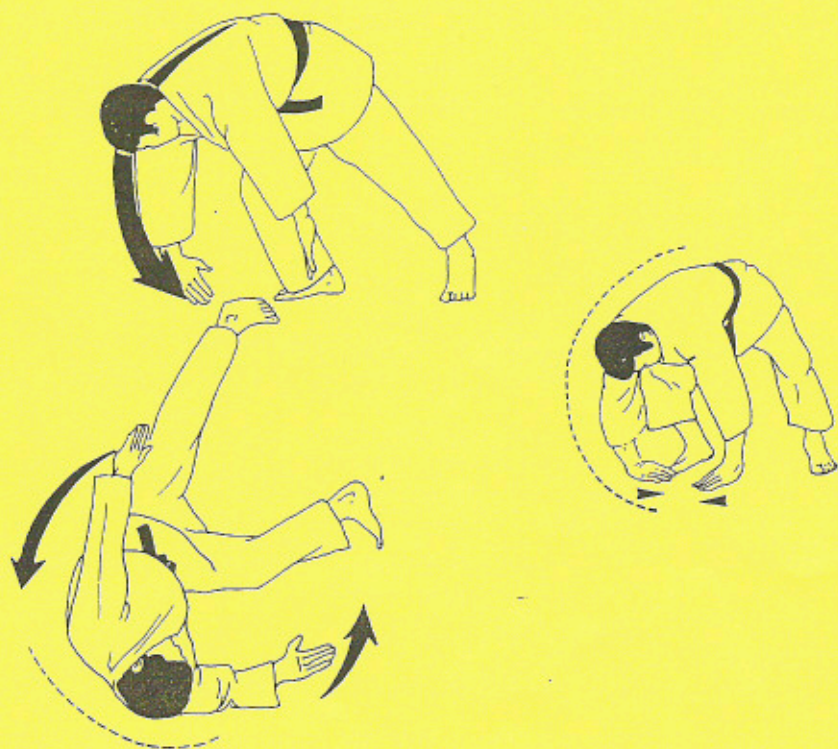
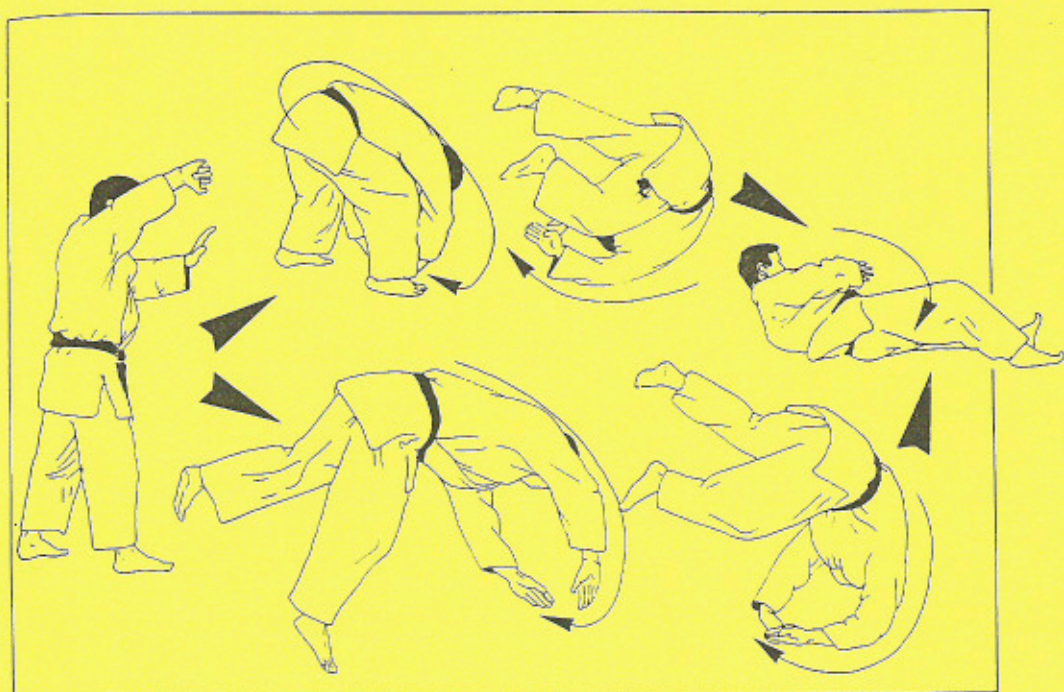


Kuzushi



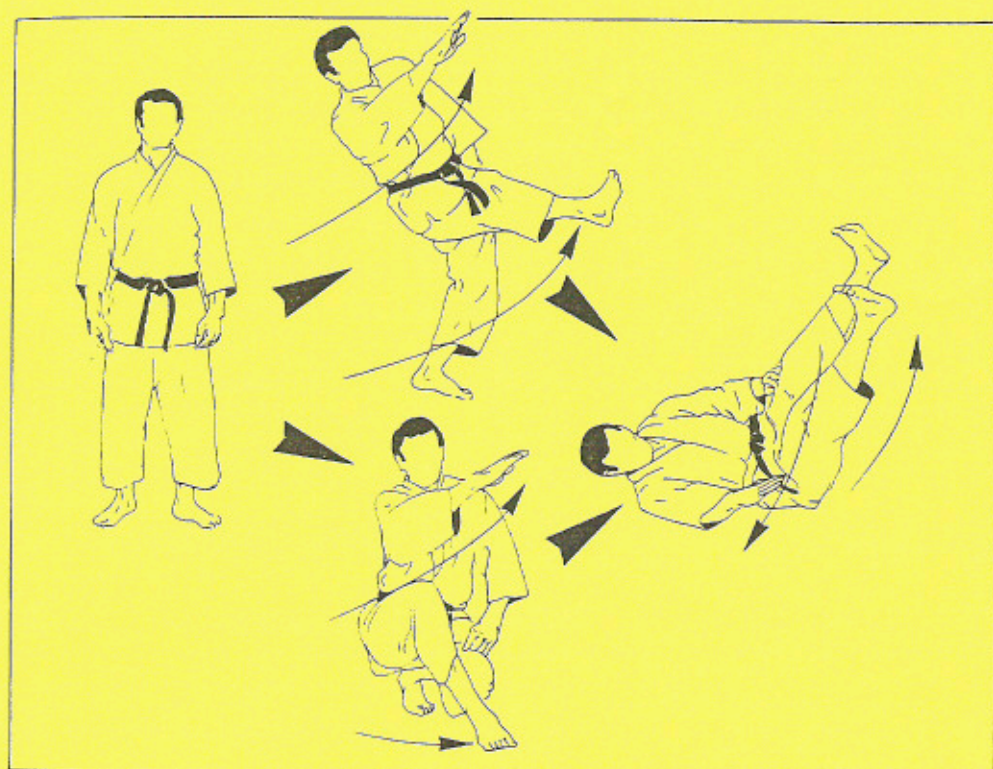


Zempo kaiten



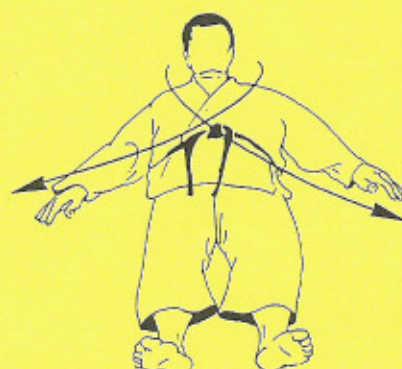
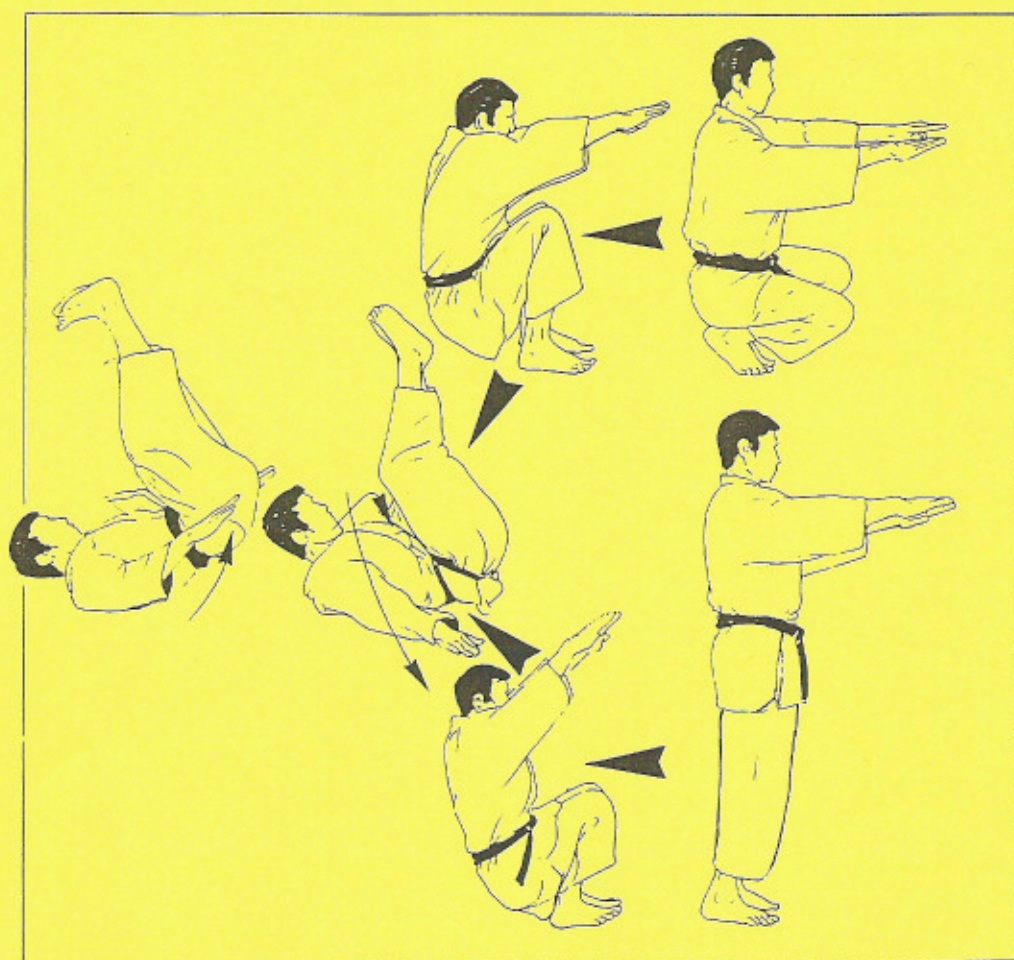


Yoko ukemi



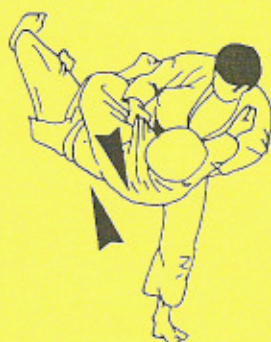
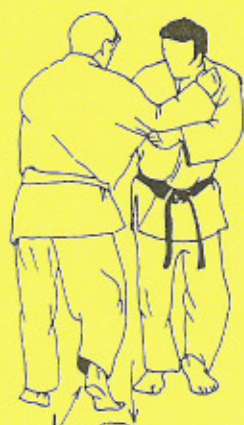


Ushiro ukemi





O soto gari





O uchi gari



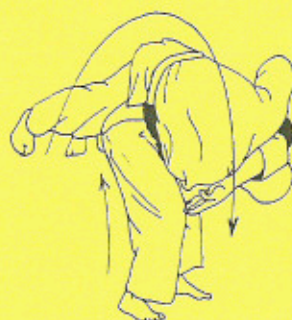


O goshi



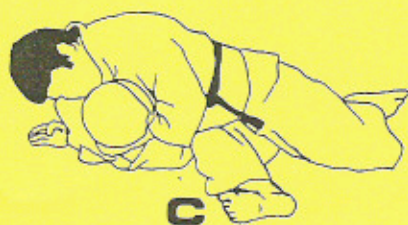
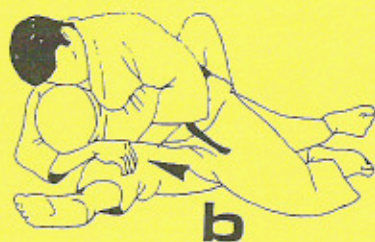


Koshi guruma



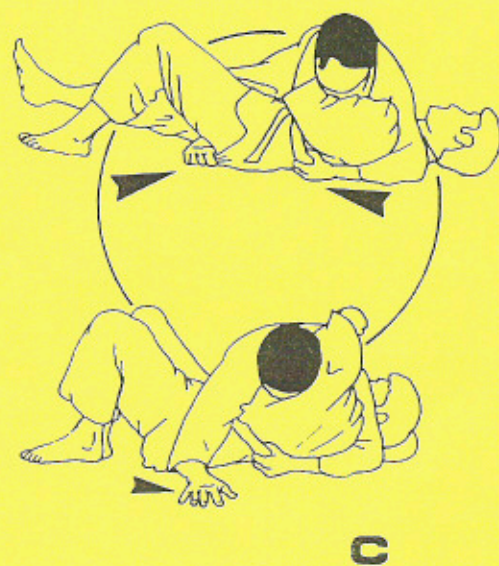
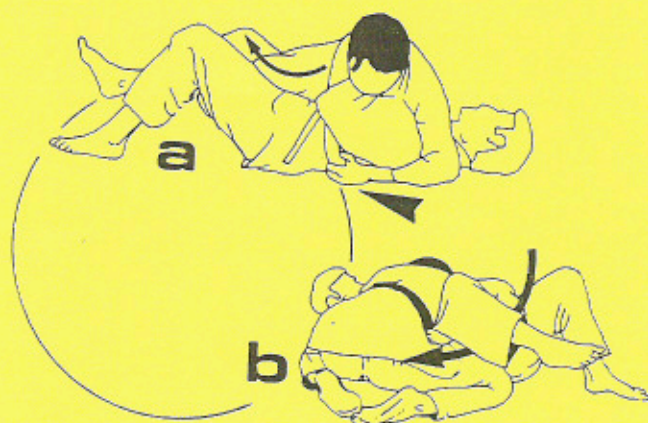
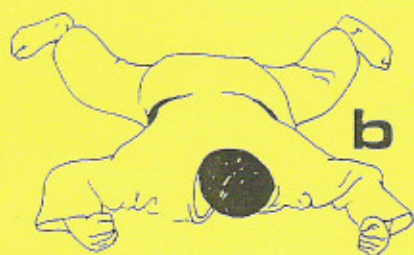


Hon gesa gatame



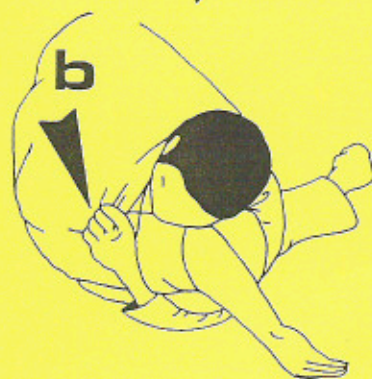
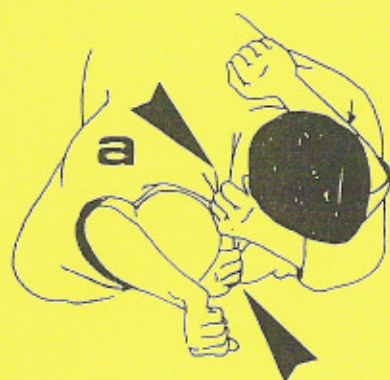
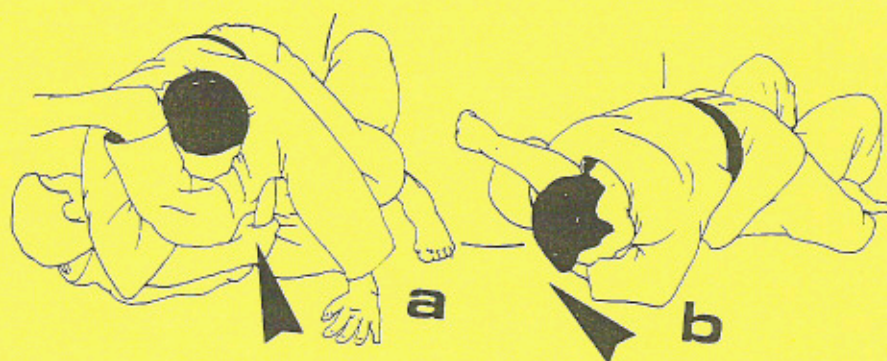
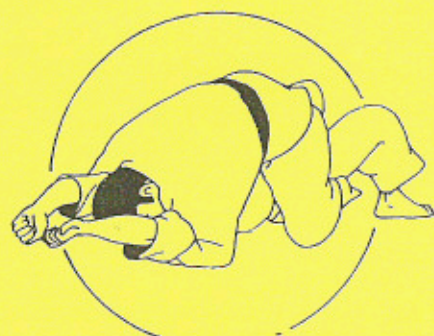


Yoko shiho gatame





Tate shiho gatame





Kami shiho gatame

