



AFN-EXAMEN EISEN 3<sup>e</sup> T/M 1<sup>e</sup> KYU

Opgesteld 2012

Competenties/Examen eisen 3e t/m 1e kyu

Onderwerp	3e kyu	2e kyu	1e kyu
<b>Rol uke</b>	Stevig, flexibel en faciliterend	Idem	Idem
<b>Kamae in beweging</b>	Ushiro roytedori tenkan ho	Aihamni katatedori udegaraminage	Katadori menuchi iriminage
<b>Verplaatsingen</b>	Scherpe taisabaki tegen shomenuchi en chudan tsuki	Shomenuchi uchi irimi tenkan shihonage Ushiro munedakishime shihonage	Ushiro katatedori kubishime kotegaeshi.
<b>Veiligheid</b>	Ukemi: vrije val uit shomenuchi sumiotoshi en kotegaeshi	Ukemi: vrije val uit ushiro ryotedori kotegaeshi	Ukemi: vrije val uit ushiro katatedori kubishime kotegaeshi Ukemi: shomenuchi koshinage
<b>Energie en dynamiek</b>	Shomenuchi uchikaiten sankyo en kokyunage	Diverse morotedori kokyunage Diverse ryotedori kokyunage	Ushiro ryotedori iriminage Aihamni uchi irimi tenkan diverse vormen
<b>Ontspanning (2)</b>	Shomenuchi udekimenage	Ushiro katatedori kubishime sankyo	Jodan tsuku nikyo
<b>Timing en ma-ai</b>	Chudan tsuki ikkyo Katadori sankyo (ryu no geiko)	Chudan tsuki tenchinage Chudan tsuki sankyo en yonkyo	Ushiro eridori ikkyo Tantodori diverse vormen
<b>Fysieke stabiliteit</b>	Ushiro ryotedori ikkyo en shihonage	Ushiro ryokatadori shihonage H gyukuhamni katatedori uchikaitennage S yokomenuchi gokyu (ura)	Shomenuchi koshinage Ryotedori koshinage Katadori menuchi shihonage
<b>Mentale houding</b>	Alertheid, spirit, zanshin. Jodan tsuki ikkyo	Jodan tsuki shihonage Jodan tsuki kokyunage	H aihamni katatedori uchikaiten katategatame
<b>Kokyu</b>	Morotedori nikyo (2 vormen)	Ushiro ryotedori ikkyo	Ushiro munedakishime kokyunage
<b>Waza</b>	Steekproef 3e kyu werkmateriaal	Steekproef 2e kyu werkmateriaal	Steekproef 1e kyu werkmateriaal

S = suwariwaza, T = tachiwaza, H = hanmihandachiwaza; Alle technieken zowel OMOTE als URA uitvoeren, tenzij anders vermeld



## Werkmateriaal 3<sup>e</sup> t/m 1<sup>e</sup> kyu

3 <sup>e</sup> kyu	2 <sup>e</sup> kyu	1 <sup>e</sup> kyu
<ul style="list-style-type: none"> <li>• T ushiro ryote-dori tenkan-ho</li> <li>• T &amp; H gyaku-hanmi katate-dori yonkyo</li> <li>• T &amp; H gyaku-hanmi katate-dori udekime-nage</li> <li>• T gyaku-hanmi katate-dori kote-gaeshi (jodan, chudan, gedan)</li> <li>• T kata-dori sankyo</li> <li>• T kata-dori yonkyo</li> <li>• T morote-dori nikyo (2 manieren)</li> <li>• T shomen-uchi gokyo (alleen Ura)</li> <li>• T shomen-uchi uchikaiten-sankyo</li> <li>• T shomen-uchi uchikaiten-kokyu-nage</li> <li>• T shomen-uchi udekime-nage</li> <li>• T shomen-uchi sumiotoshi</li> <li>• T yokomen-uchi sotokaiten-nage</li> <li>• T yokomen-uchi uchikaiten-nage</li> <li>• T chudan-tsuki ikkyo</li> <li>• T chudan-tsuki nikyo</li> <li>• T jodan-tsuki ikkyo</li> <li>• T ushiro ryote-dori ikkyo</li> <li>• T ushiro ryote-dori shiho-nage</li> <li>• T ushiro katate-dori kubi-shime ikkyo</li> </ul>	<ul style="list-style-type: none"> <li>• T ai-hanmi katate-dori uchikaiten-sankyo</li> <li>• T ai-hanmi katate-dori udegarami-nage</li> <li>• T ai-hanmi katate-dori sotokaiten-katagatame</li> <li>• H gyaku-hanmi katate-dori uchikaiten-nage</li> <li>• T ryote-dori kokyu-nage (diverse vormen)</li> <li>• T morote-dori sankyo (2 vormen)</li> <li>• T morote-dori udegarami juji-nage</li> <li>• T morote-dori kokyu-nage (diverse vormen)</li> <li>• T shomen-uchi uchi irimi tenkan shiho-nage</li> <li>• T shomen-uchi uchi irimi tenkan kote-gaeshi</li> <li>• S yokomen-uchi gokyo (alleen Ura)</li> <li>• T yokomen-uchi uchikaiten katagatame</li> <li>• T chudan-tsuki sankyo</li> <li>• T chudan-tsuki yonkyo</li> <li>• T chudan-tsuki sotokaiten-nage</li> <li>• T chudan-tsuki tenchi-nage</li> <li>• T chudan-tsuki udehishigi (rokkyo)</li> <li>• T jodan-tsuki shiho-nage</li> <li>• T jodan-tsuki kokyu-nage</li> <li>• T jodan-tsuki kote-gaeshi</li> <li>• T ushiro ryote-dori ikkyo</li> <li>• T ushiro ryote-dori nikyo</li> <li>• T ushiro ryote-dori sankyo</li> <li>• T ushiro ryote-dori kote-gaeshi</li> <li>• T ushiro ryokata-dori ikkyo</li> <li>• T ushiro ryokata-dori shiho-nage</li> <li>• T ushiro katate-dori kubishime sankyo</li> <li>• T ushiro munedakishime ikkyo</li> <li>• T ushiro munedakishime shiho-nage</li> </ul>	<ul style="list-style-type: none"> <li>• T jodan-tsuki ikkyo</li> <li>• T jodan-tsuki nikyo</li> <li>• T kata-dori shomen-uchi sankyo</li> <li>• T kata-dori shomen-uchi shiho-nage</li> <li>• T kata-dori shomen-uchi irimi-nage (alleen Ura)</li> <li>• T kata-dori shomen-uchi udekime-nage</li> <li>• T kata-dori yokomen-uchi shiho-nage</li> <li>• T kata-dori jodan-tsuki ikkyo</li> <li>• T &amp; H ai-hanmi katate-dori uchikaiten katagatame</li> <li>• T ai-hanmi katate-dori koshi-nage</li> <li>• T ai-hanmi katate-dori uchi irimi tenkan shiho-nage</li> <li>• T ai-hanmi katate-dori uchi irimi tenkan irimi-nage (alleen Ura)</li> <li>• T ai-hanmi katate-dori uchi irimi tenkan kokyu-nage</li> <li>• T shomen-uchi koshi-nage</li> <li>• S shomen-uchi gokyo (alleen Ura)</li> <li>• T yokomen-uchi koshi-nage</li> <li>• T ryote-dori koshi-nage</li> <li>• T ushiro ryote-dori koshi-nage</li> <li>• T ushirodori irimi-nage (alleen Ura)</li> <li>• T ushiro katate kubishime shiho-nage</li> <li>• T ushiro katate kubishime kote-gaeshi</li> <li>• T ushiro munedakishime kokyu-nage</li> <li>• T ushiro eridori irimi-nage (alleen Ura)</li> <li>• T ushiro eridori ikkyo</li> <li>• Tanto-dori</li> </ul>

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