

Examen bruine gordel (1^{ste} kyu)



1. Kata

- Koshi waza (heuptechnieken)
 - ◊ Uki goshi
 - ◊ Harai goshi
 - ◊ Tsuru komi goshi
- Ashi waza (beentechnieken)
 - ◊ Okuri ashi barai
 - ◊ Sasae tsuri komi ashi
 - ◊ Uchi mata
- Te waza (armtechnieken)
 - ◊ Uki otoshi
 - ◊ Ippon seoi nage
 - ◊ Kata guruma

2. Rechtstaande technieken (Nage waza)

- Ashi waza (beentechnieken)
 - ◊ Ko soto gake (Kleine buitenwaartse haakbeweging)
 - ◊ O soto guruma
 - ◊ O soto otoshi
- Te waza
 - ◊ Uki otoshi (vlottende worp)
 - ◊ Kata guruma (schouderrad)
- Ma sutemi waza (voorwaartse opofferingstechniek)
 - ◊ Sumi gaeshi
 - ◊ Yoko tomoe nage

3. Grondtechnieken (Katame waza)

Kansetsu waza (Klemmen)

- Juji gatame (fundamenteel + 1 variant)
- Ude gatame (fundamenteel + 1 variant)
- Ude garami (fundamenteel + 1 variant)
- Hiza gatame (fundamenteel + 1 variant)
- Waki gatame (fundamenteel armklem met okselcontrole)
- Hara gatame (fundamenteel armklem met buik)



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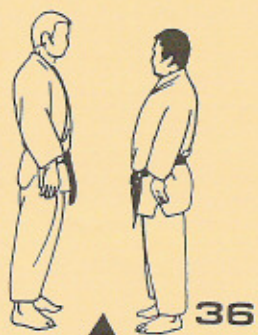


Shime waza (verwurgingen)

- Hadaka jime (fundamenteel + 1 variant)
- Juji jime (gekruiste verwurging)
 - ◊ Nami juji jime (fundamenteel + 1 variant)
 - ◊ Gyaku juji jime (fundamenteel + 1 variant)
 - ◊ Kata juji jime (fundamenteel + 1 variant)
- Okuri eri jime (fundamenteel + 1 variant)
- Kata ha jime (fundamenteel + 1 variant)

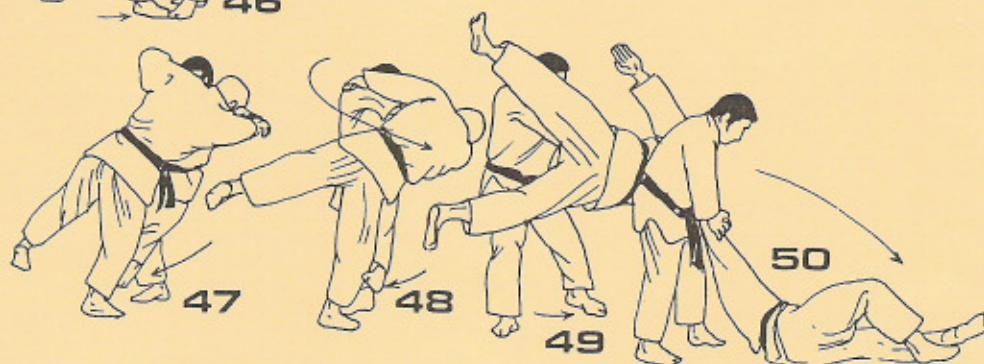


Kata: Okuri ashi barai





Kata: Sasae tsuri komi ashi





Kata: Uchi mata



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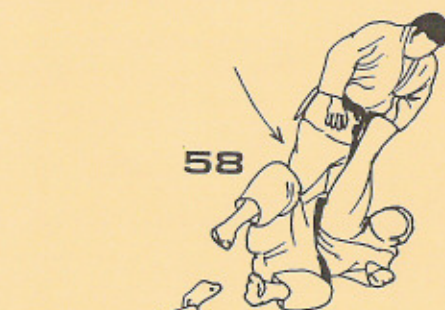
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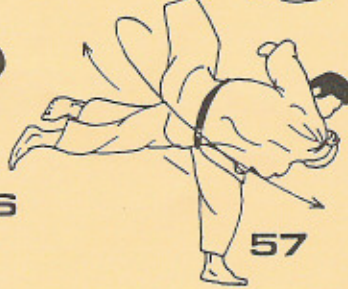
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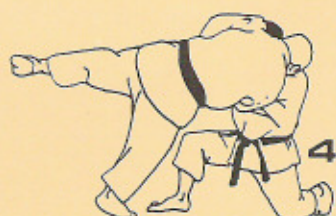
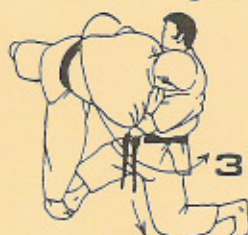
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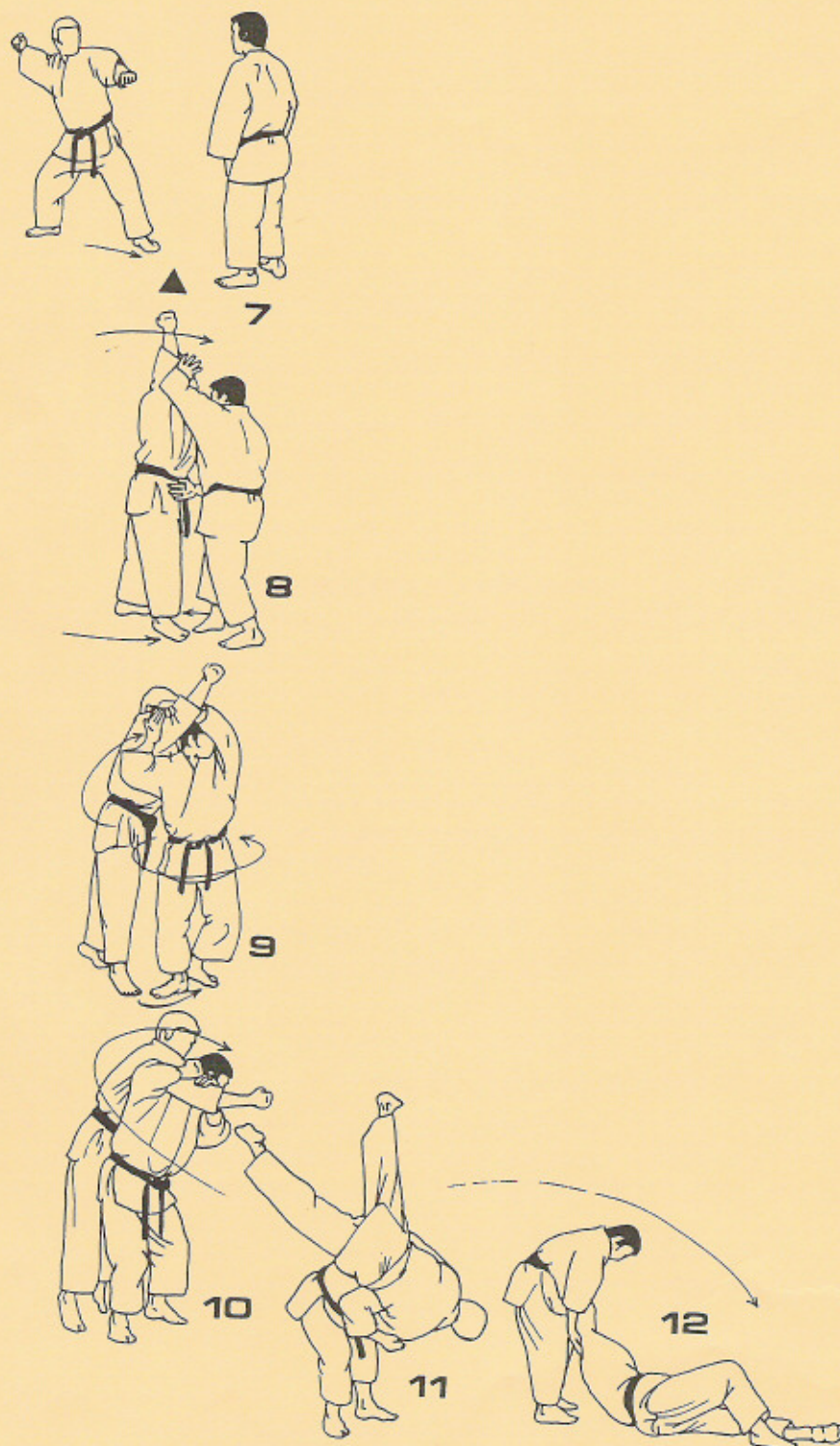


Kata: Uki otoshi



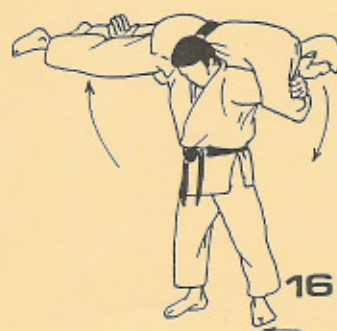
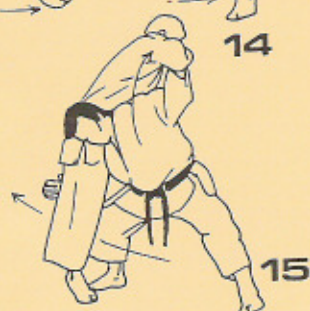


Kata: Ippon seoi nage



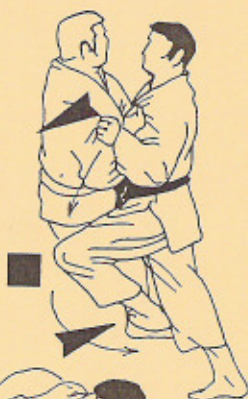


Kata: Kata guruma





Ko soto gake



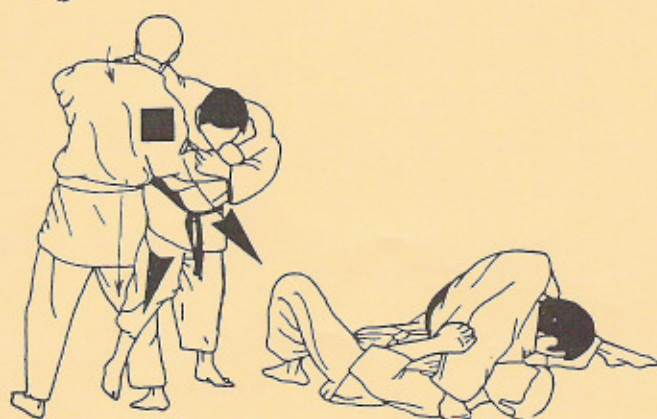
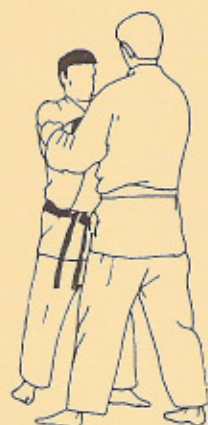


O soto guruma



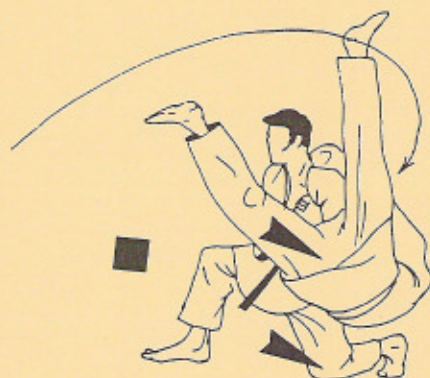


O soto otoshi



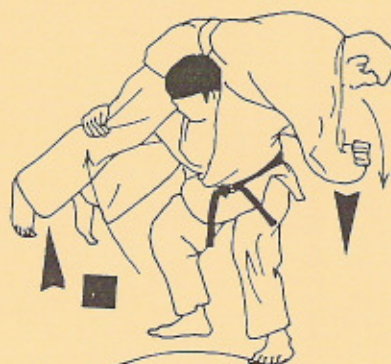
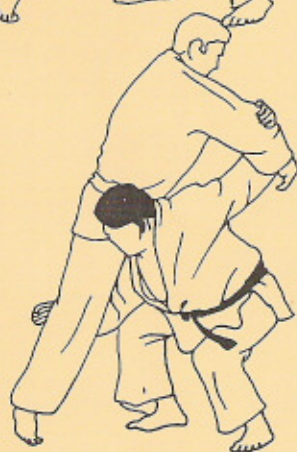
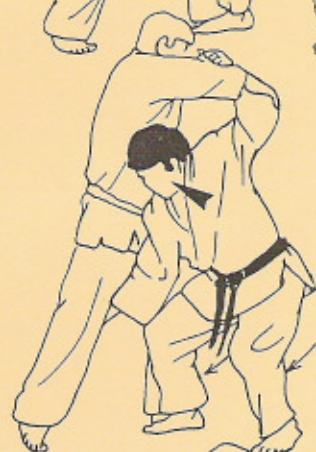


Uki otoshi



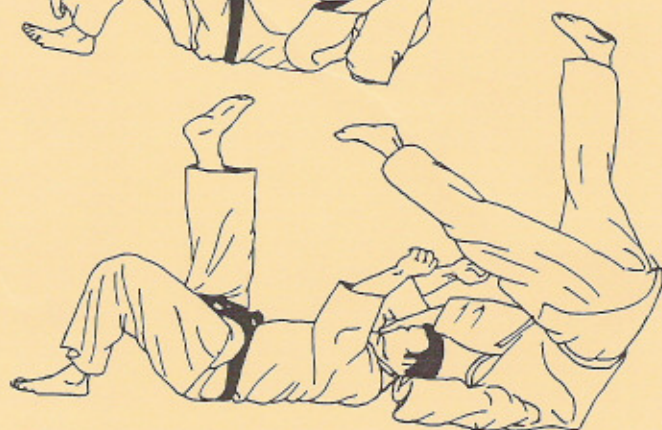
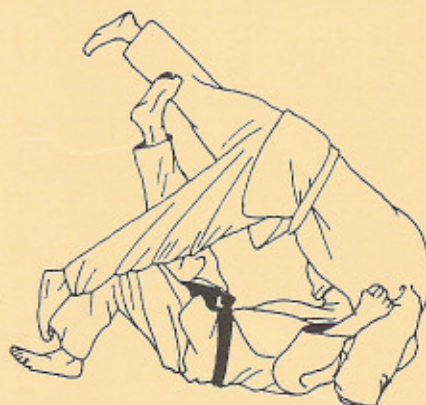


Kata guruma



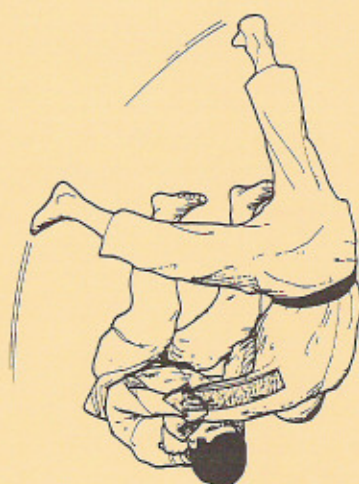
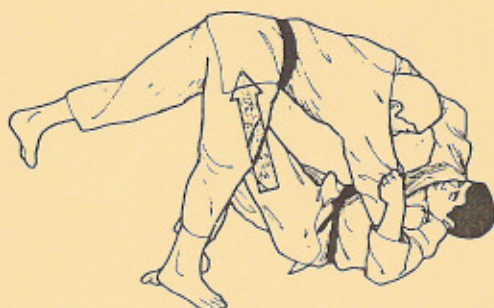


Sumi gaeshi



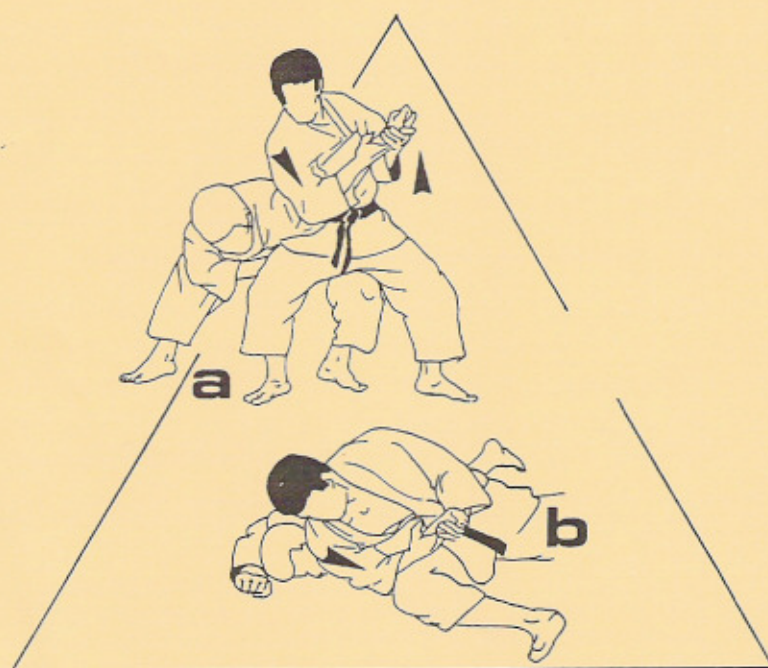


Yoko tomoe nage





Waki gatame





Hara gatame

