

# Exameneisen 1<sup>e</sup> Dan

## Genseiryu

### I KIHON

Dachi (standen)	Uke (verdediging)	Kogeki (aanvallen)
Heiko-dachi	Gedan Barai	Jun zuki
Kiba-dachi	Age uke	Oi zuki
Zenkutsu-dachi	Uchi uke	Gyaku zuki
Kokutsu-dachi	Soto uke	Mae geri
Nekoashi-dachi	Shuto uke	Mawashi geri
	Torite uke	Yoko Geri

### Shiho Gyogi 四方

- Shiho-Uke-Tsuki-Geri
- Shiho Nuki Sho
- Shiho-Empi

### Renraku Waza (combinatie technieken)

- Mae Geri, Yoko Geri, Mawashi Geri, Usiro Geri, Gyaku Zuki
- Soto Uke, Yoko Empi, Uraken, Gyaku Zuki

### II KATA

- Naihanchi
- Sansai

### III Yakusoku Kumite (afgesproken kumite)

- Nr 1 t/m 5

### IV Jiyu Kumite (Vrije kumite)