



## Senioren examen

9e kyu

KARATESCHOOL YIN YANG

O.L.V. SHIHAN VAN KESSEL 6E DAN

www.kyokusyinyang.nl



|                |                 |
|----------------|-----------------|
| <b>Standen</b> | Sanchin dachi   |
|                | Kokutsu dachi   |
|                | Neko ashi dachi |

|                      |                        |
|----------------------|------------------------|
| <b>Afweertechiek</b> | Seiken chudan uchi uke |
|                      | Seiken chudan soto uke |

|                      |                             |
|----------------------|-----------------------------|
| <b>Stoottechniek</b> | Seiken gyaku tsuki (J/C/G*) |
|                      | Seiken ago uchi             |

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Trapttechniek</b> | Mae <i>chusoku</i> keage          |
|                      | Uchi <i>mawashi haisoku</i> keage |
|                      | Soto <i>mawashi teisoku</i> keage |

|             |                 |                 |
|-------------|-----------------|-----------------|
| <b>Kata</b> | <b>WKB</b>      | <b>Yin Yang</b> |
|             | Taikyoku kata 1 | Kihon kata 1    |
|             | Taikyoku kata 2 |                 |

|                |   |            |
|----------------|---|------------|
| <b>Sparren</b> | 5 | x 1 minuut |
|----------------|---|------------|

|                 |              |             |                |
|-----------------|--------------|-------------|----------------|
| <b>Conditie</b> | <b>Squat</b> | <b>buik</b> | <b>push up</b> |
|                 | 20           | 20          | 10             |

|                |             |
|----------------|-------------|
| <b>Theorie</b> | Nogare      |
|                | Sosai Oyama |

\* J/C/G: J = Jodan, C = Chudan, G = Gedan