



10e kyu oranje band

Dachi <i>Standen</i>	Yoi dachi
	Fudo dachi
	Sanchin dachi
	Zenkutsu dachi

Tsuki <i>Stoottechnieken</i>	Seiken oi tsuki (J/C/G)*
	Seiken gyaku tsuki (J/C/G)*
	Seiken morote tuki (J/C/G)*
	Seiken ago uchi

Uke <i>Afweerttechnieken</i>	(Seiken/shuto) mae gedan barai
	(Seiken/shuto) Jodan uke

Geri <i>Traptechnieken</i>	Hiza geri
	Kin geri
	Mae geri (J/C)*

Ido <i>Kihon in beweging</i>	Zenkutsu dachi
	Sanchin dachi

Kata <i>schijngevecht</i>	Taikyoku sono ichi
	Taikyoku sono ni

Stamina <i>oefeningen</i>	15x push up
	40x sit-ups
	15x squats

Kumite vechten	Ippon kumite
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Kokyu ho <i>ademhaling</i>	Nogare (omote,ura)
	Kiai

* J/C/G :

J = Jodan (hoge zone)

C = Chudan (midden zone)

G = Gedan (lage zone)