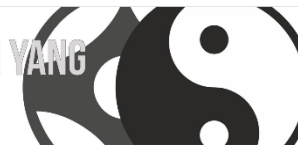




Jeugdexamens
Oranje band

KARATESCHOOL YIN YANG
O.L.V. SHIHAN VAN KESSEL 6E DAN
www.kyokusyinyang.nl



Stand	Afweer techniek	Stoot techniek	Trap techniek	kata	
				WKB	Yin Yang
	Seiken chudan uchi uke	Seiken ago uchi		Taikyoku kata 1	
Kokutsu dachi		Shita tsuki Kagi tsuki	Uchi <i>mawashi haisoku</i> keage		
		Tettsui komi kami Tettsui hizo uchi	Mawashi geri gedan	Taikyoku kata 2	
Neko ashi dachi		Tettsui oroshi ganmen uchi Uraken shomen ganmen uchi	Soto <i>mawashi teisoku</i> keage		Kihon kata 1
		Uraken sayo ganmen uchi Uraken hizo uchi	Mawashi geri chudan		
Sanchin dachi		Tate tsuki (J/C/G*)		Taikyoku kata 3	

* J = Jodan, C = Chudan, G = Gedan

	Sparren x 1 min.	conditie			Theorie
		squat	buik	push up	
	5	10	10	10	
	6	10	10	10	
	8	12	12	10	Oyama
	10	12	12	10	
	10	15	15	10	
	10	15	15	12	