

Jeugd exameneisen witte band

10e kyu witte band	Oranje	Blauw	Geel
Dachi	Yoi dachi	Zenkutsu dachi	Uchi hachiji dachi
<i>Standen</i>	Fudo dachi		
Tsuki	Seiken chudan tsuki	Seiken gedan tsuki	Seiken morote tsuki
<i>Stoottechnieken</i>		Seiken jodan tsuki	J/C/G*
Uke			Seiken jodan uke
<i>Afweertechneken</i>			
Geri	Kin geri	Mae keage	Mae geri chudan
<i>Traptechnieken</i>			Soto mawashi keage
Ido		Combinatie van: Seiken J/C/G* tsuki	Zenkutsu dachi met seiken chudan tsuki
<i>Kihon in beweging</i>			
Kata			
<i>schijngvecht</i>			
Stamina	5x push ups	6x push ups	7x push ups
<i>oefeningen</i>	5x sit-ups	6x sit-ups	7x sit-ups
	5x squats	6x squats	7x squats
Kumite			
<i>vechten</i>			
Basis	Kyokushin	Yin Yang	Mas. Oyama
<i>kennis</i>	Obi knopen	Japans tellen 1 - 10	5 karate regeld

\* J/C/G : J= Jodan (hoge zone), C = Chudan (midden zone), G = Gedan (lage zone)

10e kyu witte band	Groen	Bruin	Zwart
Dachi <i>Standen</i>	Sanchin dachi	Kumite no kamae	Heiko dachi
Tsuki <i>Stoottechnieken</i>	Seiken ago uchi	Seiken oi en gyaku tsuki	Seiken shita tsuki
Uke <i>Afweerttechnieken</i>	Seiken chudan soto uke	Seiken chudan uchi uke	Seiken gedan barai
Geri <i>Trapttechnieken</i>	Mae geri jodan Uchi mawashi keage	Hiza geri Ushiro geri	Yoko keage Hiza keage Ushiro geri chudan
Ido <i>Kihon in beweging</i>	Mawate gedan barai		Mawate sanchin dachi
Kata <i>schijngevecht</i>			
Stamina <i>oefeningen</i>	8x push ups 8x sit-ups 8x squats	9x push ups 9x sit-ups 9x squats	10x push ups 10x sit-ups 10x squats
Kumite <i>vechten</i>	juji kumite 1x 30sec	juji kumite 2x 30sec	juji kumite 2x 60sec
Basis <i>kennis</i>	Dojo etiquette	Szeeza	Kiai



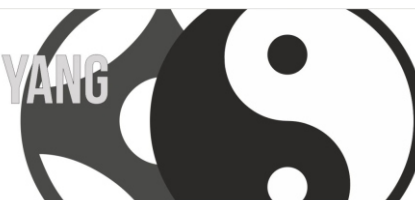
Jeugd exameneisen oranje band

9e kyu oranje band	Oranje band	Blauw	Geel
Dachi <i>Standen</i>	Heisoku dachi	Musubi dachi	Kokutsu dachi
Tsuki <i>Stoottechnieken</i>	Seiken kagi tsuki	Seiken tate tsuki (J/C/G)	Hiji ate (C/J)
Uke <i>Afweerttechnieken</i>		Shuto gedan barai	Shuto chudan uchi uke
Geri <i>Trapttechnieken</i>	Mawashi geri (G/C)	Kansetsu geri	Yoko geri Chudan
Ido <i>Kihon in beweging</i>		Bewegen in Sanchin dachi	
Kata <i>schijngevecht</i>	Taikyoku sono ichi	Kihon kata sono ichi	Taikyoku sono ni
Renraku <i>combinaties</i>		1e) Mae geri chudan, Seiken chudan gyaku tsuki	
Stamina <i>oefeningen</i>	10x push ups	11x push ups	12x push ups
	10x sit-ups	11x sit-ups	12x sit-ups
	10x squats	11x squats	12x squats
Kumite vechten	Juji kumite 3x 60sec	Juji kumite 3x 60sec	Juji kumite 4x 60sec

9e kyu oranje band	Groen	Bruin	Zwart
Dachi <i>Standen</i>	Kiba dachi	Neko ashi dachi	Tsuru ashi dachi
Tsuki <i>Stoottechnieken</i>	Uraken ganmen uchi Uraken hizo uchi	Tettsui komi kami Tettsui hizo uchi	Uraken sayu Ganmen uchi Uraken mawashi uchi
Uke <i>Afweerttechnieken</i>	Shuto chudan soto uke	Shuto jodan uke	Shuto mawashi uke
Geri <i>Traptechnieken</i>	Mawashi geri Jodan	Yoko geri Jodan	Ago jodan geri
Ido <i>Kihon in beweging</i>	Bewegen in kokutsu dachi		Bewegen in neko ashi dachi
Kata <i>schijngevecht</i>	Taikyoku sono san	Sokugi taikyoku sono ichi	Sokugi taikyoku sono ni Sokugi taikyoku sono san
Renraku <i>combinaties</i>			
Stamina <i>oefeningen</i>	13x push ups 13x sit-ups 13x squats	9x push ups 9x sit-ups 9x squats	10x push ups 10x sit-ups 10x squats
Kumite vechten	juji kumite 4x 60sec	juji kumite 2x 30sec	juji kumite 2x 60sec

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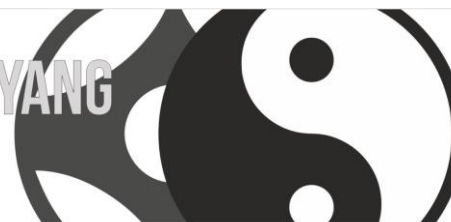
Jeugdexamen blauwe band

8e kyu blauwe band	Blauw band	Geel	Groen
Dachi <i>Standen</i>		Shiko dachi	Kake ashi dachi
Tsuki <i>Stoottechnieken</i>	Tettsui oroshi ganmen uchi Tettsui yoko uchi (G/C/J)	Shuto sakotsu uchi komi	Uraken oroshi ganmen uchi Ushiro hiji ate
Uke <i>Afweerttechnieken</i>	Morote chudan uchi uke	Mae shuto mawashi uke	
Geri <i>Traptechnieken</i>		Jodan uchi heisoku geri	Ushiro geri (G/J)
Ido <i>Kihon in beweging</i>	Combinatie in Zenkutsu-, sanchin-, kokutsu dachi	Bewegen in kiba dachi	
Kata <i>schijngevecht</i>	Pinan sono ichi	Sokugi taikyoku sono san	Pinan sono ni
Renraku <i>combinaties</i>	2e) Soto uke oi, gedan baria oi, seiken chudan gyaku tsuki		
Stamina <i>oefeningen</i>	15x push ups 20x sit-ups 20x squats	15x push ups 21x sit-ups 21x squats	15x push ups 22x sit-ups 22x squats
Kumite <i>vechten</i>	Juji kumite 6x 60sec	Juji kumite 6x 60sec	Juji kumite 7x 60sec

8e kyu blauwe band	Bruin	Zwart/ 7e kyu
Dachi <i>Standen</i>		
Tsuki <i>Stoottechnieken</i>	Tettsui mae uchi (G/C/J)	Shuto yoko ganmen uchi
	Shuto hizo uchi	Shuto sakotus uchi
Uke <i>Afweertechneken</i>	Hiji uke	Mawashi gedan barai
		Juji gedan barai
Geri <i>Traptechnieken</i>	Ushiro mawasi geri chudan	Ushiro mawashi geri (G/J)
Ido <i>Kihon in beweging</i>	Bewegen in kake ashi dachi	
Kata <i>schijngevecht</i>	Yin Yang Standen kata	Sanchin no kata
Stamina <i>oefeningen</i>	15x push ups	15x push ups
	24x sit-ups	25x sit-ups
	24x squats	25x squats
Kumite vechten	juji kumite 7x 60sec	juji kumite 8x 60sec
Ademhalings- techniek	Nogare, Omate, Ura	

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## Jeugd exameneisen gele band

6e kyu gele band	Geel
Dachi <i>Standen</i>	Moro ashi dachi
Tsuki <i>Stoottechnieken</i>	Nihon nukite Yonhon nukite (C/J)
Uke <i>Afweerttechnieken</i>	Enkei gyaku tsuki
Geri <i>Traptechnieken</i>	
Ido <i>Kihon in beweging</i>	Combinatie voorgaande eisen
Kata <i>schijngevecht</i>	Pinan sono san
Stamina <i>oefeningen</i>	20x push ups 30x sit-ups 30x squats
Kumite vechten	Juji kumite 10x 60sec
Ademhalinstechniek	Ibuki
Basis kennis	Begrip Yin Yang

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