**Examenprogramma Juniorkarate**

1. **Gebruikte afkortingen**

vw voorwaarts bewegen

aw achterwaarts bewegen

zw zijwaarts bewegen

tp terplaatse

zkd zenkutsu-dachi

kkd kokutsu-dachi

kd kiba-dachi

fd fudo-dachi

1. **Negende kyu (1)**

Gordel

Wit met 1 rode streep

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

(duidelijk onderscheid maken tussen beide)

vw zkd mae geri

(knie optrekken, snap, terugtrekken, voet op de grond plaatsen)

Kata

heian shodan (met tellen en begeleiders)

1. **Negende kyu (2)**

Gordel

Wit met 2 rode strepen

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

vw zkd mae geri

Kumite

Ippon kumite:

jodan tsuki age uke

chudan tsuki soto uke

mae geri gedan barai

(zonder tegenaanval)

Kata

Heian shodan (met andere examinanten en met tellen)

1. **Negende kyu (3)**

Gordel

Wit met 3 rode strepen

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

vw zkd mae geri

vw zkd age uke

vw zkd soto uke

vw zkd gedan barai

Kumite

Ippon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, gyaku tsuki

Kata

heian shodan (met andere examinanten en met tellen)

1. **Negende kyu (4)**

Gordel

Wit met 3 rode en 1 gele streep

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

vw zkd mae geri

vw kkd shuto uke

vw zkd age uke

vw zkd soto uke

vw zkd gedan barai

Kumite

Sanbon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, gyaku tsuki

Kata

heian shodan (met andere examinanten en zonder tellen)

1. **Negende kyu (5)**

Gordel

Wit met 3 rode en 2 gele strepen

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

vw zkd mae geri

vw zkd mawashi geri

vw kkd shuto uke

vw zkd age uke

vw zkd soto uke

vw zkd gedan barai

Kumite

Sanbon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, gyaku tsuki

Kata

heian shodan (met andere examinanten en zonder tellen)

1. **Negende kyu (6)**

Gordel

Wit met 3 rode en 3 gele strepen

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

vw zkd mae geri

vw zkd mawashi geri

zw kd yoko geri kekumi

vw kkd shuto uke

vw zkd age uke

vw zkd soto uke

vw zkd gedan barai

Kumite

Sanbon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, gyaku tsuki

Kata

heian shodan (met andere examinanten en zonder tellen, foutloos)

1. **Achtste kyu (1)**

Gordel

Geel

Kihon

vw zkd tsuki jodan

vw zkd tsuki chudan

vw zkd mae geri

vw zkd mawashi geri

zw kd yoko geri kekumi

vw kkd shuto uke

vw zkd age uke

vw zkd soto uke

vw zkd uchi uke

vw zkd gedan barai

Kumite

Sanbon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, gyaku tsuki

Kata

heian shodan (alleen, zonder tellen)

1. **Achtste kyu (2)**

Gordel

Geel met 1 rood streepje

Kihon

vw zkd oi tsuki jodan

vw zkd oi tsuki chudan

tp zkd gyaku tsuki

vw, aw zkd age uke

vw, aw zkd soto uke

vw, aw zkd uchi uke

vw, aw zkd gedan barai

vw zkd mae geri chudan

vw kkd shuto uke

zw kd yoko geri keage

zw kd yoko geri kekomi

Kumite

Gohon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

Kata

heian shodan (zonder tellen)

heian nidan (met tellen en begeleiding)

1. **Achtste kyu (3)**

Gordel

Geel met 2 rode streepjes

Kihon

vw zkd oi tsuki jodan

vw zkd oi tsuki chudan

tp zkd gyaku tsuki

vw, aw zkd age uke

vw, aw zkd soto uke

vw, aw zkd uchi uke

vw, aw zkd gedan barai

vw zkd mae geri chudan

vw kkd shuto uke

zw kd yoko geri keage

zw kd yoko geri kekomi

Kumite

Gohon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

Kata

heian shodan (zonder tellen)

heian nidan (met andere examinanten en met tellen)

1. **Zevende kyu (1)**

Gordel

Oranje

Kihon

vw zkd oi tsuki jodan

vw zkd oi tsuki chudan

vw zkd gyaku tsuki

vw zkd aqe uke, gyaku tsuki

vw zkd soto uke, gyaku tsuki

vw zkd uchi uke, gyaku tsuki

vw zkd gedan barai, gyaku tsuki

vw zkd mae geri jodan

vw zkd mae geri chudan

vw kkd, shuto uke, zkd nukite

zw kd yoko geri keage

zw kd yoko geri kekomi

vw fd mawashi geri

Kumite

Sanbon kumite:

*Eerste combinatie:*

jodan tsuki age uke

chudan tsuki soto uke

mae geri gedan barai, gyaku tsuki

*Tweede combinatie:*

jodan tsuki age uke

chudan tsuki uchi uke

mae geri gyaku gedan barai, kesame tsuki

Kata

heian shodan (zonder tellen)

heian nidan (alleen, zonder tellen)

1. **Zevende kyu (2)**

Gordel

Oranje met 1 groen streepje

Kihon

vw zkd oi tsuki jodan

vw zkd oi tsuki chudan

vw zkd gyaku tsuki

vw zkd aqe uke, gyaku tsuki

vw zkd soto uke, gyaku tsuki

vw zkd uchi uke, gyaku tsuki

vw zkd gedan barai, gyaku tsuki

vw zkd mae geri jodan

vw zkd mae geri chudan

vw kkd, shuto uke, zkd nukite

zw kd yoko geri keage

zw kd yoko geri kekomi

vw fd mawashi geri

Kumite

Sanbon kumite:

*Eerste combinatie:*

jodan tsuki age uke

chudan tsuki soto uke

mae geri gedan barai, gyaku tsuki

*Tweede combinatie:*

jodan tsuki age uke

chudan tsuki uchi uke

mae geri gyaku gedan barai, kesame tsuki

Kata

heian shodan (zonder tellen)

heian nidan (zonder tellen)

heian sandan (met tellen en begeleiding)

1. **Zevende kyu (3)**

Gordel

Oranje met 2 groene streepjes

Kihon

vw zkd oi tsuki jodan

vw zkd oi tsuki chudan

vw zkd gyaku tsuki

vw zkd aqe uke, gyaku tsuki

vw zkd soto uke, gyaku tsuki

vw zkd uchi uke, gyaku tsuki

vw zkd gedan barai, gyaku tsuki

vw zkd mae geri jodan

vw zkd mae geri chudan

vw kkd, shuto uke, zkd nukite

zw kd yoko geri keage

zw kd yoko geri kekomi

vw fd mawashi geri

Kumite

Sanbon kumite:

*Eerste combinatie:*

jodan tsuki age uke

chudan tsuki soto uke

mae geri gedan barai, gyaku tsuki

*Tweede combinatie:*

jodan tsuki age uke

chudan tsuki uchi uke

mae geri gyaku gedan barai, kesame tsuki

Kata

heian shodan (zonder tellen)

heian nidan (zonder tellen)

heian sandan (met tellen)

1. **Zesde kyu (1)**

Gordel

Groen

Kihon

vw zdk sanbon tsuki

vw, aw zkd age uke, gyaku tsuki

vw, aw zkd gedan barai, uraken uchi

vw, aw zkd, kd soto uke, empi uchi

vw, aw zkd uchi uke, gyaku tsuki

vw zkd mae geri

vw, aw kkd, zkd shuto uke, nukite

zw kd yoko geri kekomi

zw kd yoko geri keage

vw fd mawashi geri

Kumite

Ippon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, uraken uchi

Kata

heian shodan (zonder tellen)

heian nidan (zonder tellen)

heian sandan (alleen, zonder tellen)

1. **Zesde kyu (2)**

Gordel

Groen met 1 wit streepje

Kihon

vw zdk sanbon tsuki

vw, aw zkd age uke, gyaku tsuki

vw, aw zkd gedan barai, uraken uchi

vw, aw zkd, kd soto uke, empi uchi

vw, aw zkd uchi uke, gyaku tsuki

vw zkd mae geri

vw, aw kkd, zkd shuto uke, nukite

zw kd yoko geri kekomi

zw kd yoko geri keage

vw fd mawashi geri

Kumite

Ippon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, uraken uchi

Kata

heian shodan (zonder tellen)

heian nidan (zonder tellen)

heian sandan (zonder tellen)

heian jondan (met tellen en begeleiding)

1. **Zesde kyu (3)**

Gordel

Groen met 1 wit streepje

Kihon

vw zdk sanbon tsuki

vw, aw zkd age uke, gyaku tsuki

vw, aw zkd gedan barai, uraken uchi

vw, aw zkd, kd soto uke, empi uchi

vw, aw zkd uchi uke, gyaku tsuki

vw zkd mae geri

vw, aw kkd, zkd shuto uke, nukite

zw kd yoko geri kekomi

zw kd yoko geri keage

vw fd mawashi geri

Kumite

Ippon kumite:

jodan tsuki age uke, gyaku tsuki

chudan tsuki soto uke, gyaku tsuki

mae geri gedan barai, uraken uchi

Kata

heian shodan (zonder tellen)

heian nidan (zonder tellen)

heian sandan (zonder tellen)

heian jondan (met tellen)