



日本空手協会

# Exameneisen

# JKA

v.a. 1 april  
2017

**→ = Vooruit**

**← = Achteruit**

**ZKD = Zenkutsu Dachi**

**KKD = Kokutsu Dachi**

**KB = Kiba Dachi**

**HD = Heisoku Dachi**

**KW = Gedan Kaki Wake**

## 10<sup>e</sup> Kyu

### KIHON

Uitgangshouding: **Shizen Tai**

1. Chūdan Choku Zuki
2. Jōdan Age Uke
3. Chūdan Soto Uke
4. Gedan Barai
5. **(HD - KW)** Mae Geri

*(Op **commando** elke techniek afwisselend rechts en links, rechts beginnen)*

## 9<sup>e</sup> Kyu

### KIHON

Uitgangshouding: **Shizen Tai** → ZKD

1. Chūdan Jun Zuki
2. Jōdan Age Uke
3. Chūdan Soto Uke
4. (ZKD - KW) Mae Geri

*(Op **commando** elke techniek afwisselend rechts en links, rechts beginnen)*

## 8<sup>e</sup> Kyu

### KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke →
3. **(ZKD)** Chūdan Soto Uke →
4. **(ZKD)** Gedan Barai →
5. **(KKD)** Shuto Uke →
6. **(KW)** Mae Geri →
7. **(HD)** Yoko Geri Keage (*links en rechts 2x*)

### KATA

Taikyoku Shōdan

### KUMITE

Gohon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki)

## 7<sup>e</sup> Kyu

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. <b>(ZKD)</b> Chūdan Jun Zuki →</li><li>2. <b>(ZKD)</b> Jōdan Age Uke ←</li><li>3. <b>(ZKD)</b> Chūdan Soto Uke →</li><li>4. <b>(ZKD)</b> Chūdan Uchi Uke ←</li><li>5. <b>(KKD)</b> Shuto Uke →</li><li>6. <b>(KW)</b> Mae Geri →</li><li>7. <b>(KD)</b> Yoko Geri Keage (<i>rechts en links</i>) →</li></ol>
<b>KATA</b>	Heian Shōdan
<b>KUMITE</b>	Gohon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki)

## 6<sup>e</sup> Kyu

### KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke ←
3. **(ZKD)** Chūdan Soto Uke →
4. **(ZKD)** Chūdan Uchi Uke ←
5. **(KKD)** Shuto Uke →
6. **(KW)** Mae Geri →
7. **(KD)** Yoko Geri Keage (*rechts en links*) →
8. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

### KATA

Heian Nidan

### KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki - *rechts en links*)

## 5<sup>e</sup> Kyu

### KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke, Gyaku Zuki ←
3. **(ZKD)** Chūdan Soto Uke, Gyaku Zuki →
4. **(ZKD)** Chūdan Uchi Uke, Chūdan Gyaku Zuki ←
5. **(KKD)** Shuto Uke →
6. **(KW)** Mae Geri →
7. **(KD)** Yoko Geri Keage (*rechts en links*) →
8. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

### KATA

Heian Sandan

### KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri - *rechts en links*)



## 4<sup>e</sup> Kyu

### KIHON

1. **(ZKD)** Chūdan Jun Zuki →
2. **(ZKD)** Jōdan Age Uke, Gyaku Zuki ←
3. **(ZKD)** Chūdan Soto Uke, Gyaku Zuki →
4. **(ZKD)** Chūdan Uchi Uke, Gyaku Zuki ←
5. **(KKD)** Shuto Uke, **(ZKD)** Nukite →
6. **(KW)** Mae Geri →
7. **(KD)** Yoko Geri Keage (*rechts en links*) →
8. **(KD)** Yoko Geri Kekomi (*rechts en links*) →

### KATA

Heian Yondan

### KUMITE

Kihon Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, **(KW)** Chūdan Mae Geri, Chūdan Yoko Geri Kekomi - *rechts en links*)

## 3<sup>e</sup> Kyu

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. <b>(ZKD)</b> Chūdan Jun Zuki →</li><li>2. <b>(ZKD)</b> Jōdan Age Uke, Gyaku Zuki ←</li><li>3. <b>(ZKD)</b> Chūdan Soto Uke, Gyaku Zuki →</li><li>4. <b>(ZKD)</b> Chūdan Uchi Uke, Gyaku Zuki ←</li><li>5. <b>(KKD)</b> Shuto Uke, <b>(ZKD)</b> Nukite →</li><li>6. <b>(KW)</b> Mae Geri →</li><li>7. <b>(KW)</b> Ren Geri (Chūdan, Jōdan) →</li><li>8. Mawashi Geri →</li><li>9. <b>(KD)</b> Yoko Geri Keage (<i>rechts en links</i>) →</li><li>10. <b>(KD)</b> Yoko Geri Kekomi (<i>rechts en links</i>) →</li></ol>
<b>KATA</b>	Heian Godan
<b>KUMITE</b>	Kihon Ippon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki, <b>(KW)</b> Chūdan Mae Geri, Chūdan Yoko Geri Kekomi - <i>rechts en links</i> )

## 2<sup>e</sup> Kyu

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. <b>(ZKD)</b> Chūdan Jun Zuki →</li><li>2. <b>(ZKD)</b> Jōdan Age Uke, Gyaku Zuki ←</li><li>3. <b>(ZKD)</b> Chūdan Soto Uke, <b>(KD)</b> Yoko Enpi, Yoko Uraken Uchi →</li><li>4. <b>(ZKD)</b> Chūdan Uchi Uke, Gyaku Zuki ←</li><li>5. <b>(KKD)</b> Shuto Uke, <b>(ZKD)</b> Nukite →</li><li>6. <b>(KW)</b> Mae Geri →</li><li>7. <b>(KW)</b> Ren Geri (Chūdan, Jōdan) →</li><li>8. Mawashi Geri →</li><li>9. <b>(KD)</b> Yoko Geri Keage (<i>rechts en links</i>) →</li><li>10. <b>(ZKD)</b> Yoko Geri Kekomi (<i>rechts en links</i>) →</li></ol>
<b>KATA</b>	Tekki Shodan
<b>KUMITE</b>	Jiyū Ippon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi - <i>rechts</i> )

# 1<sup>e</sup> Kyu

<b>KIHON</b>	<ol style="list-style-type: none"><li>1. <b>(ZKD)</b> Chūdan Jun Zuki →</li><li>2. <b>(ZKD)</b> Sanbon Ren Zuki →</li><li>3. <b>(ZKD)</b> Jōdan Age Uke, Gyaku Zuki ←</li><li>4. <b>(ZKD)</b> Chūdan Soto Uke, <b>(KD)</b> Yoko Enpi, Yoko Uraken Uchi →</li><li>5. <b>(ZKD)</b> Chūdan Uchi Uke, Gyaku Zuki ←</li><li>6. <b>(KKD)</b> Shuto Uke, <b>(ZKD)</b> Nukite →</li><li>7. <b>(KW)</b> Mae Geri →</li><li>8. <b>(KW)</b> Ren Geri (Chūdan, Jōdan) →</li><li>9. Mawashi Geri →</li><li>10. <b>(KD)</b> Yoko Geri Keage (<i>rechts en links</i>) →</li><li>11. <b>(ZKD)</b> Yoko Geri Kekomi (<i>rechts en links</i>) →</li></ol>
<b>KATA</b>	Bassai Dai, Kanku Dai, Enpi of Jion ( <i>eigen keuze</i> )
<b>KUMITE</b>	Jiyū Ippon Kumite (Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi, Jōdan Mawashi Geri * <i>voor Mawashi Geri zélf aangeven of je Jōdan of Chūdan trapt</i> )

# 1<sup>e</sup> Dan

## KIHON

1. Chūdan Jun Zuki →
2. Sanbon Ren Zuki →
3. Jōdan Age Uke, Gyaku Zuki ←
4. **(ZKD)** Chūdan Soto Uke, **(KD)** Yoko Enpi, Yoko Uraken Uchi, Gyaku Zuki →
5. Chūdan Uchi Uke, Kizami Zuki, Gyaku Zuki ←
6. **(KKD)** Shutō Uke, **(ZKD)** Nukite →
7. **(KW)** Mae Geri →
8. **(KW)** Ren Geri (Chūdan, Jōdan) →
9. Mawashi Geri →
10. **(KD)** Yoko Geri Keage (*rechts en links*) →
11. **(ZKD)** Yoko Geri Kekomi (*rechts en links*) →

## KATA

Bassai Dai, Kanku Dai, Enpi of Jion (*eigen keuze*)

## KUMITE

Jiyu Ippon Kumite

(Jōdan Jun Zuki, Chūdan Jun Zuki, Chūdan Mae Geri, Chūdan Yoko Geri Kekomi, Chūdan Mawashi Geri

\* *voor Mawashi Geri zélf aangeven of je Jōdan of Chūdan trapt*)

## 2<sup>e</sup> Dan

### KIHON

1. Chūdan Jun Zuki →
2. Sanbon Ren Zuki →
3. Age Uke, Soto Uke (zelfde arm), Gyaku Zuki ←
4. **(KKD)** Uchi Uke, **(ZKD)** Kizami Zuki, Gyaku Zuki →
5. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
6. **(KW)** Ren Geri (Chūdan, Jōdan) →
7. **(KD)** Yoko Geri Keage, Yoko Geri Kekomi (wisselende voet) →
8. **(ZKD)** Yoko Geri Kekomi →
9. Mawashi Geri →
10. Age Uke, Mawashi Geri, Yoko Uraken Uchi, Chūdan Jun Zuki ←

### KATA

Favoriete Kata

### KUMITE

Jiyu Kumite

## 3<sup>e</sup> Dan

### KIHON

1. Jōdan Kizami Zuki, Jōdan Jun Zuki, Chūdan Gyaku Zuki →
2. Jōdan Age Uke, Chūdan Soto Uke (*zelfde arm*), Gyaku Zuki ←
3. **(KKD)** Chūdan Uchi Uke, Kizami Zuki, **(ZKD)** Gyaku Zuki →
4. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
5. Jōdan Age Uke ←, Mawashi Geri, Yoko Uraken Uchi, Chūdan Jun Zuki →
6. Mae Geri, Gyaku Zuki, Yoko Geri Kekomi, Gyaku Zuki, Mawashi Geri, Gyaku Zuki (*wisselende voeten*) →

### KATA

Favoriete Kata

### KUMITE

Jiyu Kumite

## 4<sup>e</sup> Dan

### KIHON

1. Sanbon Ren Zuki →
2. Age Uke, Soto Uke (zelfde arm), Gyaku Zuki ←
3. **(KKD)** Chūdan Uchi Uke, Kizami Zuki, **(ZKD)** Gyaku Zuki →
4. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
5. Mae Geri, Jun Zuki →
6. Mae Geri, Gyaku Zuki →
7. Yoko Geri Kekomi, Gyaku Zuki →
8. Mawashi Geri, Gyaku Zuki →
9. **(ZKD)** Mae Geri, Yoko Geri Kekomi, Ushiro Geri (*zelfde voet, links en rechts*)

### KATA

*Examinators keuze uit:* Heian Shodan t/m Tekki Nidan  
+ *eigen* Favoriete Kata

### KUMITE

Jiyu Kumite



## 5<sup>e</sup> Dan

### KIHON

1. Sanbon Ren Zuki →
2. Age Uke, Soto Uke (zelfde arm), Gyaku Zuki ←
3. **(KKD)** Chūdan Uchi Uke, Kizami Zuki, **(ZKD)** Gyaku Zuki →
4. **(KKD)** Shutō Uke, Kizami Mae Geri, **(ZKD)** Nukite ←
5. Mae Geri, Jōdan Jun Zuki, Chūdan Gyaku Zuki →
6. Yoko Geri Kekomi, Gyaku Zuki →
7. Mawashi Geri, Gyaku Zuki →
8. **(ZKD)** Mae Geri, Yoko Geri Kekomi, Mawashi Geri, Gyaku Zuki (zelfde voet, links en rechts) →
9. **(ZKD)** Mae Geri, Yoko Geri Kekomi, Ushiro Geri (zelfde voet, links en rechts)

### KATA

*Examinators keuze uit: Heian Shodan t/m Tekki Sandan  
+ eigen Favoriete Kata (vraag en antwoord sessie)*

### KUMITE

Jiyu Kumite