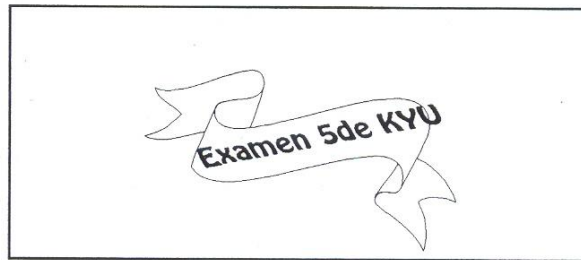


HOOFDSTUK 7

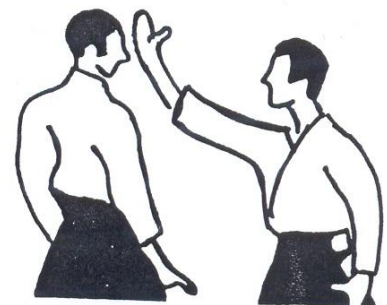
DE EXAMENS



Tachi Waza : beide rechtopstaand

Shomen Uchi : frontale aanval naar het gezicht met een neerwaartse slagbeweging van de hand in snijvorm

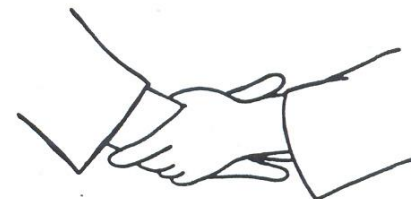
Ikkyo
Nikkyo
Iriminage
Kotegaeshi



Aihanmi : rechter (linker) hand neemt de rechter (linker) pols van tegenstander, beide personen zetten het rechtse (linkse) been voor

Ikkyo
Nikkyo
Iriminage
Shionage
Kotegaeshi

TORI UKE



Katatedori : rechter (linker) hand neemt de linker (rechter) pols van tegenstander, rechter (linker) been tegenover linker (rechter) been

Tenchinage
Kotegaeshi
Shionage
Iriminage
Udekiminage
Kokyunage

TORI UKE



TORI UKE

Ukemi Waza : Mae ukemi : voorwaartse val
Ushiro ukemi : achterwaartse val

Shikko : zich verplaatsen op de knieën

O' Sensei : kennis over Ueshiba Morihei (14/12/1883 - 26/04/1969)

Suwari waza: shomen uchi ikkyo

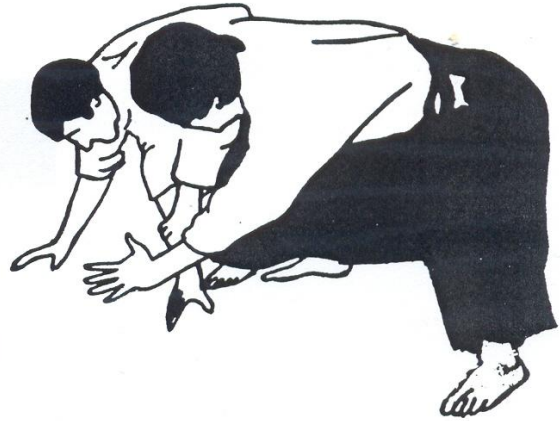
Katadori ikkyo

Shomen Uchi :

Ikkyo



Nikkyo



Iriminage

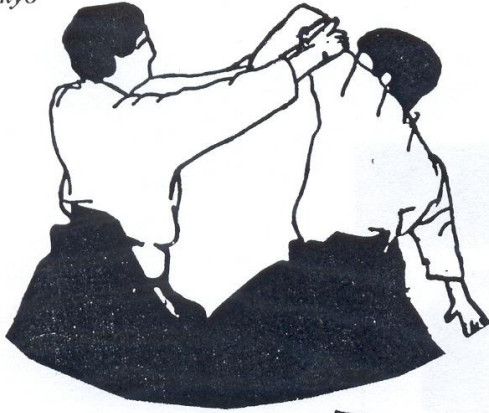


Kotegaeshi



Aihanmi :

Ikkyo



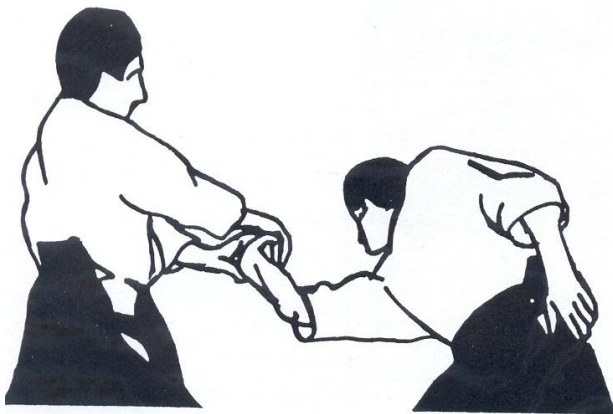
Iriminage



Shionage



Kotegaeshi



Katatedori :

Tenchinage



Shionage



Udekiminage



Kokyunage



Tachi Waza :

Aihanmi Uchikaitennage



Aihanmi Sankyo

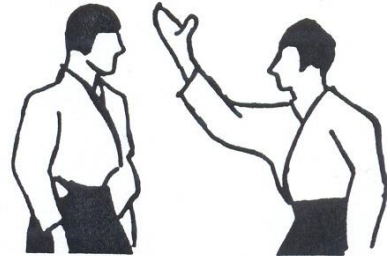


Examen 4de KYU

Tachi Waza :

Shomen Uchi : Sankyo Kaitensankyo Kokyunage Uchikaitennage

Katatedori : Ikkyo Uchikaiten Nikkyo



Yokomenuchi : zijdelingse slag op het hoofd met de hand

Iriminage Tenchinage
Shionage Kokyunage
Kotegaeshi Ikkyo
Udekiminage



Ryotedori : beide polsen worden genomen

Shionage Tenchinage
Udekiminage Ikkyo
Kotegaeshi



Katateriyotedori : beide handen nemen pols van tegenstander

Kotegaeshi

Jodantsuki : vuistslag recht naar het gezicht

Ikkyo
Shionage

Chudantsuki : vuistslag op het lichaam

Ikkyo
Udekiminage
Kotegaeshi



Suwari Waza :

Shomenuchi : Ikkyo Nikkyo
Iriminage

Kokyu Ho : suwari waza, beide zitten op de knieën en men neemt ryotedori

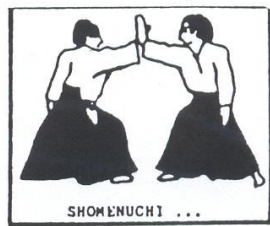
Dojo étiquette

Tachi Waza :

Shomen uchi :

Sankyo

Kaitensankyo



Uchikaitennage



Yokomenuchi :



Katateriyotedori :



Chudantsuki :

Kotegaeshi



Udekiminage



Jodantsuki :

Ikkyo



Shionage



Katatedori :

Ikkyo



Nikkyo



Ryotedori :

Tenchinage



Suwari Waza :

Shomen uchi :

Ikkyo



Ushiro Waza :

Ryotodori : Ikkyo
Hijikimeosae
Kotegaeshi

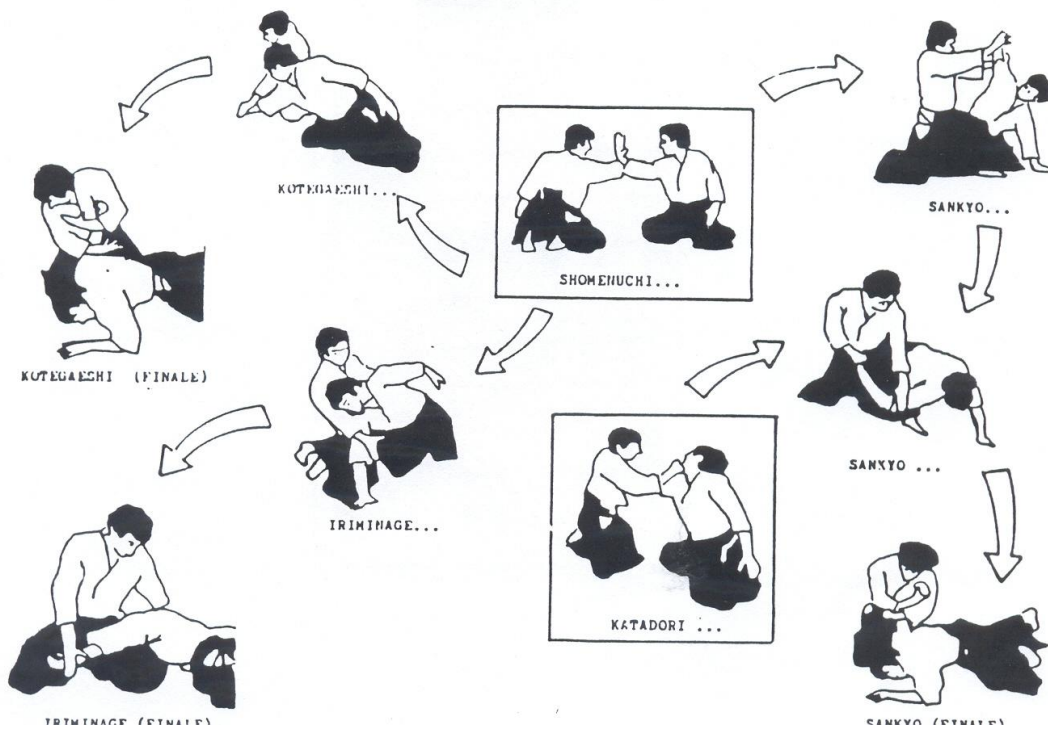
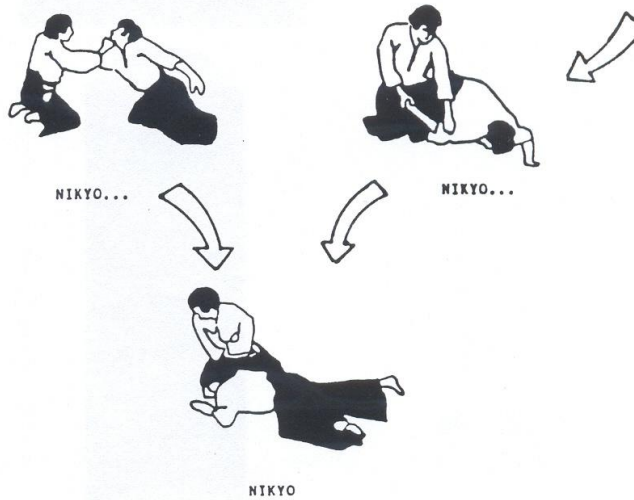
Nikkyo
Shionage
Iriminage

Jo, Boken, Tanto oefeningen : immobilisatietechnieken



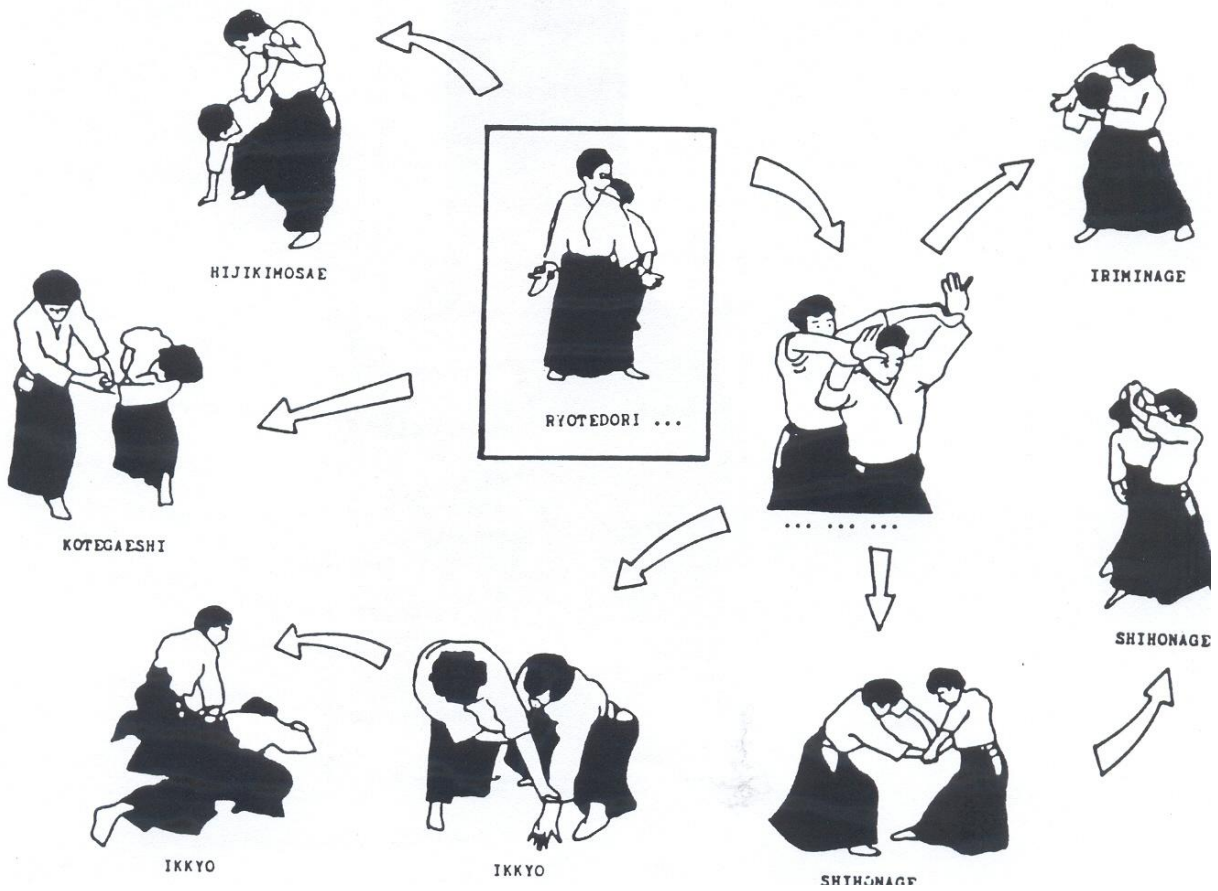
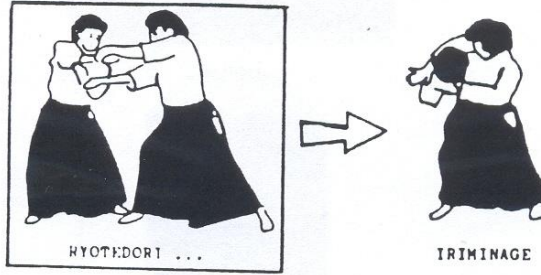
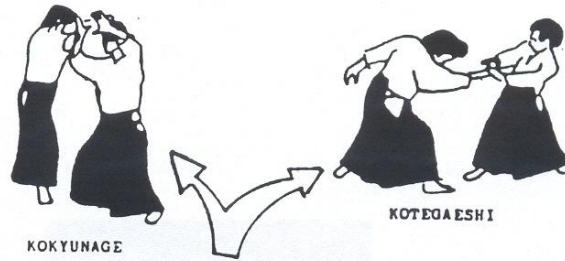
Suwari Waza :

Shomenuchi en Katadori

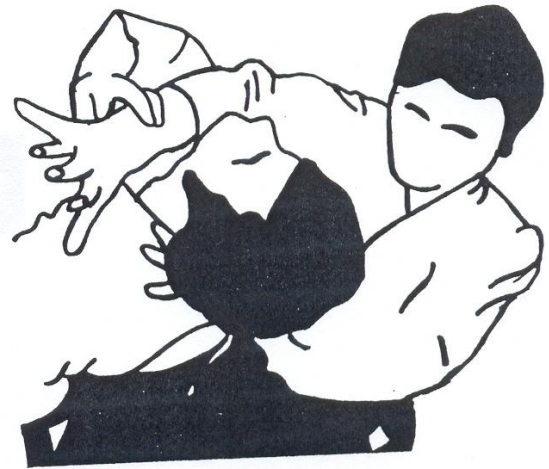


Tachi Waza + Ushiro Waza :

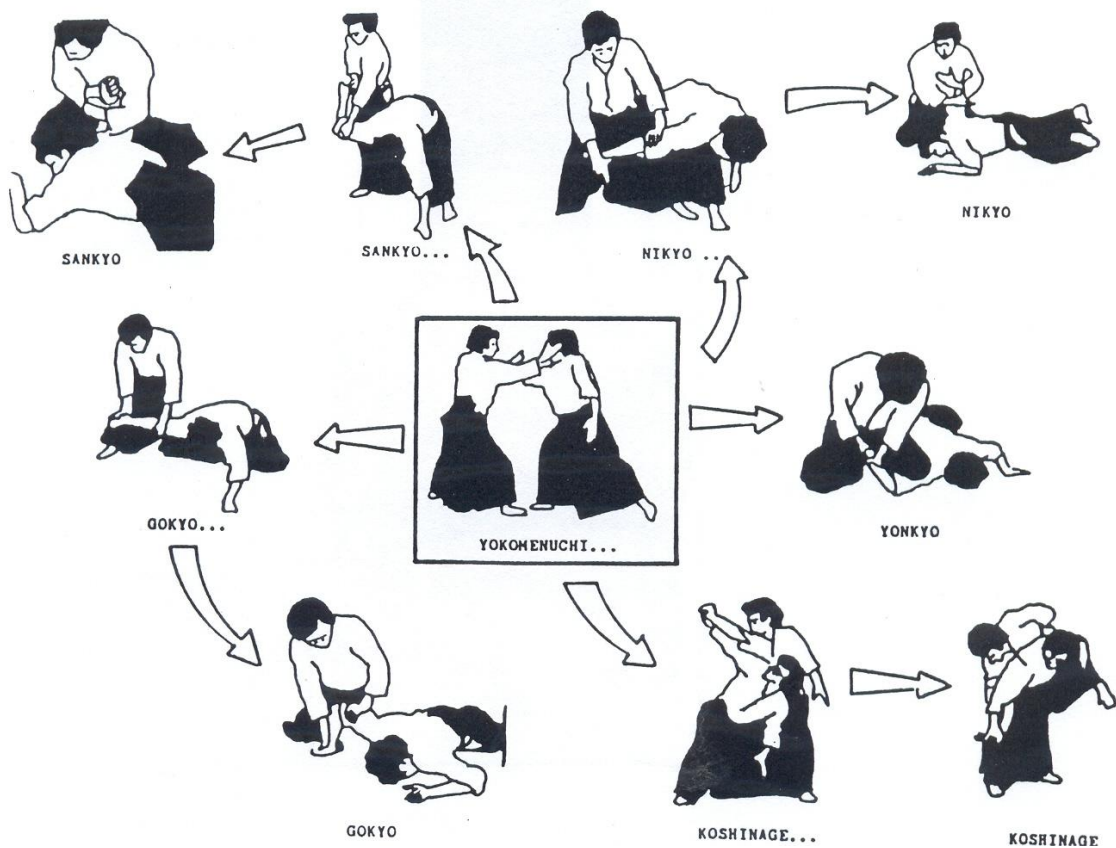
Ryotedori



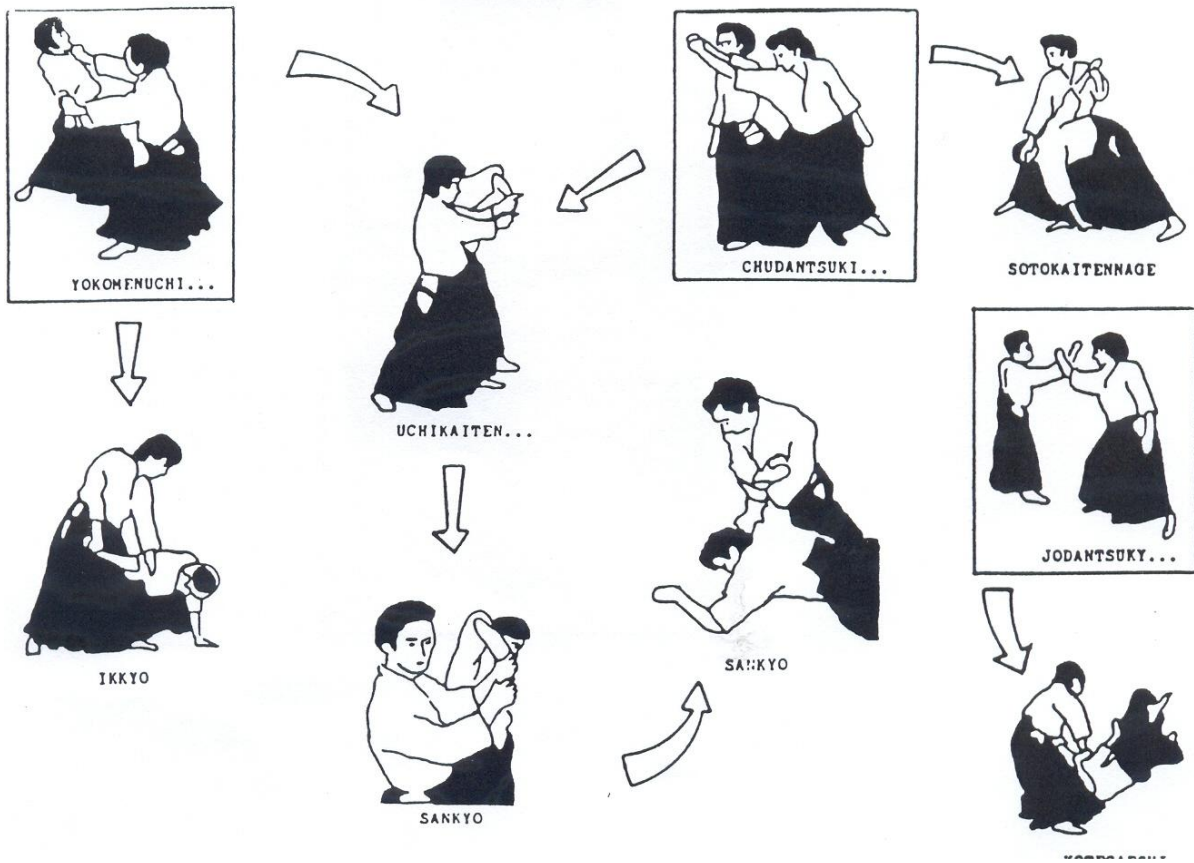
Udantski : iriminage



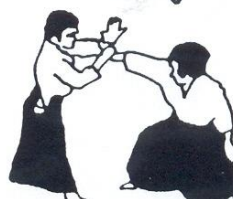
Okomenuchi : Nikkyo - Sankyo - Yonkyo - Gokyo - Koshinage

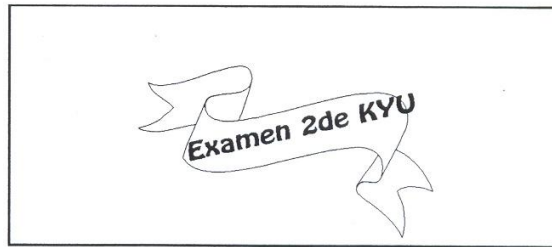


udantski - Jodantski - Yokomenuchi - Ryotedori



Shomenuchi - katatedori - katateryotedori (morotedori)





Tachi Waza :

Yokomenuchi : Nikkyo Sankyo
Koshinage

Katadori menuchi : nemen van de mouw en shomenuchi naar het hoofd

Ikkyo
Iriminage
Shionage

Nikkyo
Kotegaeshi
Koshinage



Munadori : nemen van de kraag met één hand

Ikkyo
kotegaeshi
Sankyo

Shionage
Uchikaiten sankyo

Jodantski : Nikkyo Sankyo
Iriminage Kokyunage

Ryotedori : Yonkyo

Mae Geri : Iriminage



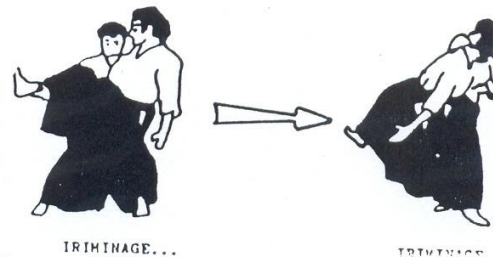
Suwari Waza :

Shomenuchi : Yonkyo Nikkyo
Sankyo Sotokaitennage
Iriminage

Ryokatadori : Ikkyo

Chudantski : Kotegaeshi Ikkyo

Jodantski : Ikkyo



Jo , Boken , Tanto immobiliseren

Boken tegen Boken

Jo - Boken kata

Ushiro Waza :

Eridori : achter het individu staan en de kraag vastnemen door één hand

Ikkyo
Nikkyo

Iriminage
Sankyo

Ryokatadori : achter het individu staan en de twee schouders nemen

Ikkyo
Sankyo
Kotegaeshi

Nikkyo
Iriminage
Kokyunage

Ryohijidori : achter het individu staan en beide ellebooggewrichten vastnemen

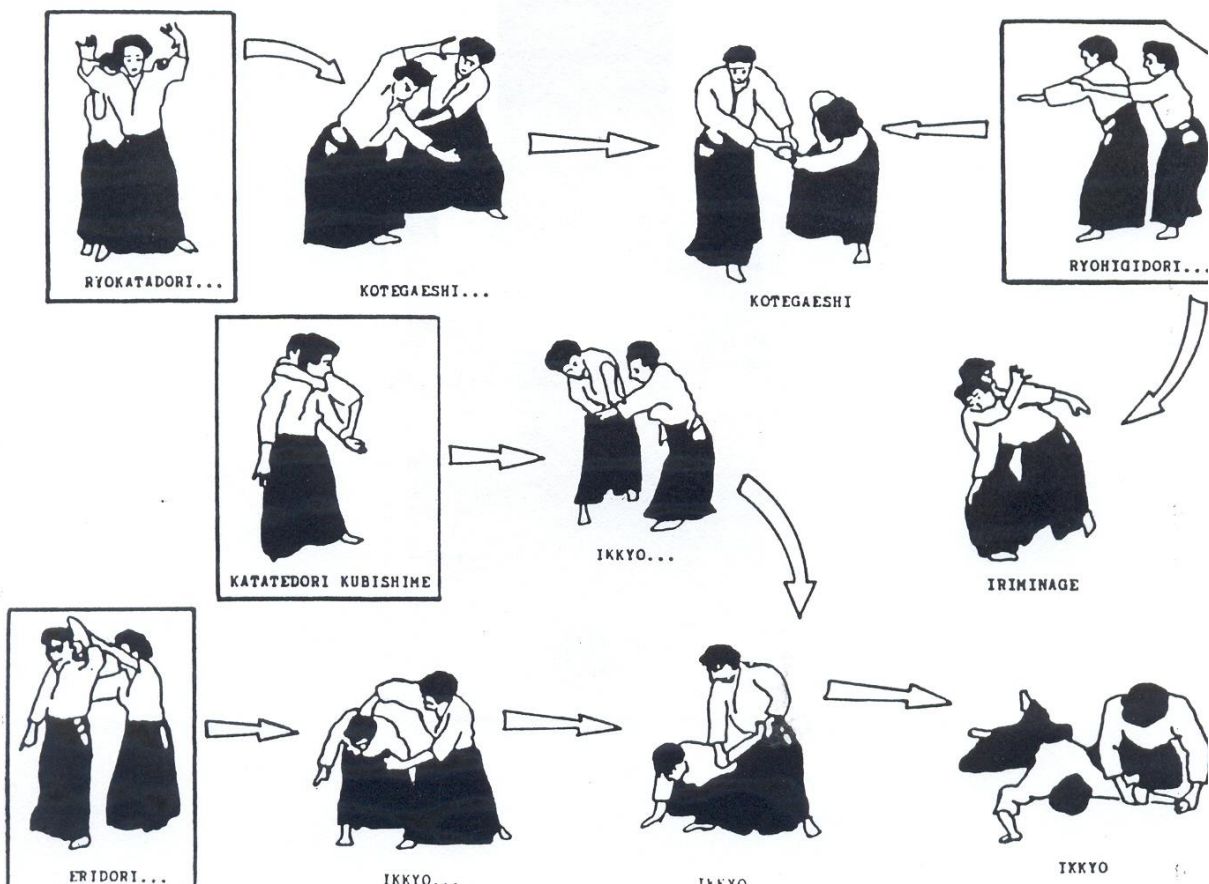
Kotegaeshi
Iriminage

Shionage
Kokyunage

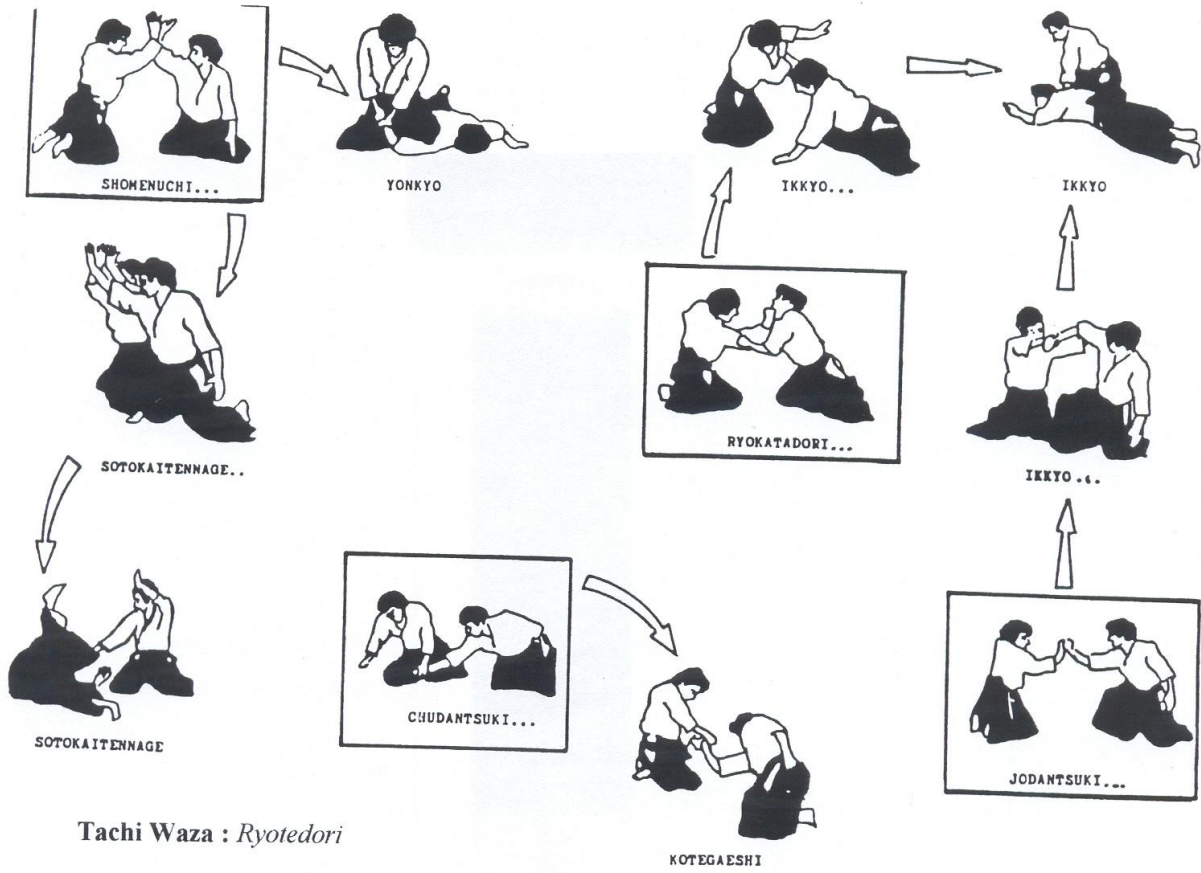
Katatekubishime : achter het individu staan waarbij één pols wordt genomen en verwurging

Ikkyo
Sankyo

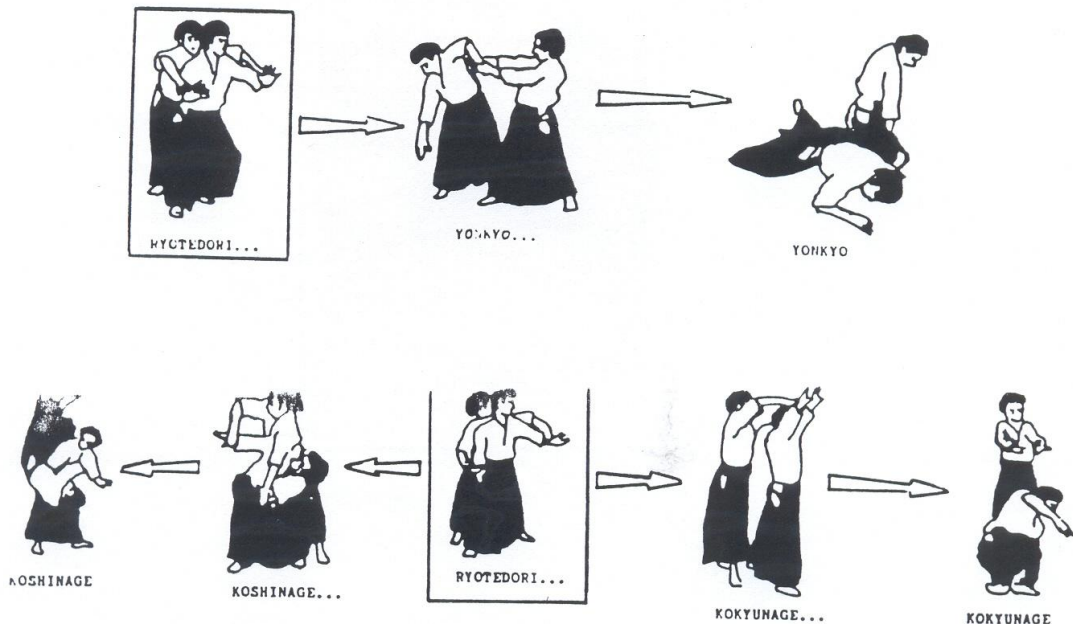
Nikkyo
Kokyunage



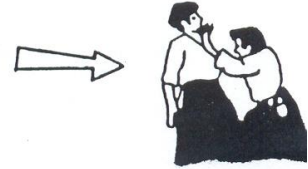
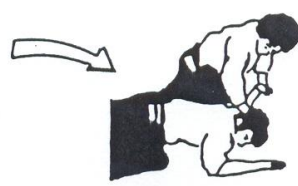
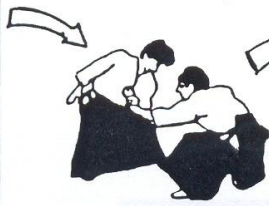
Suwari Waza : Shomenuchi - chudantsuki - Jodantsuki - Ryokatadori



Tachi Waza : Ryotedori

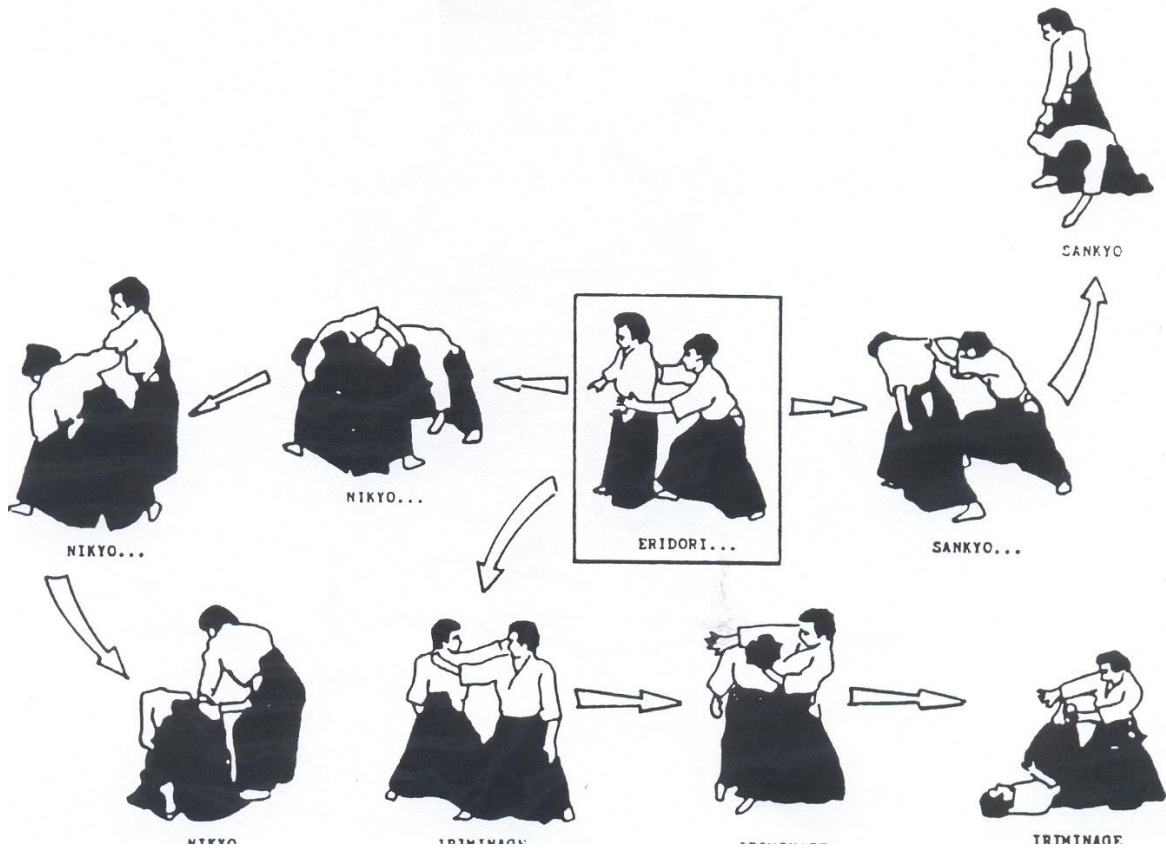
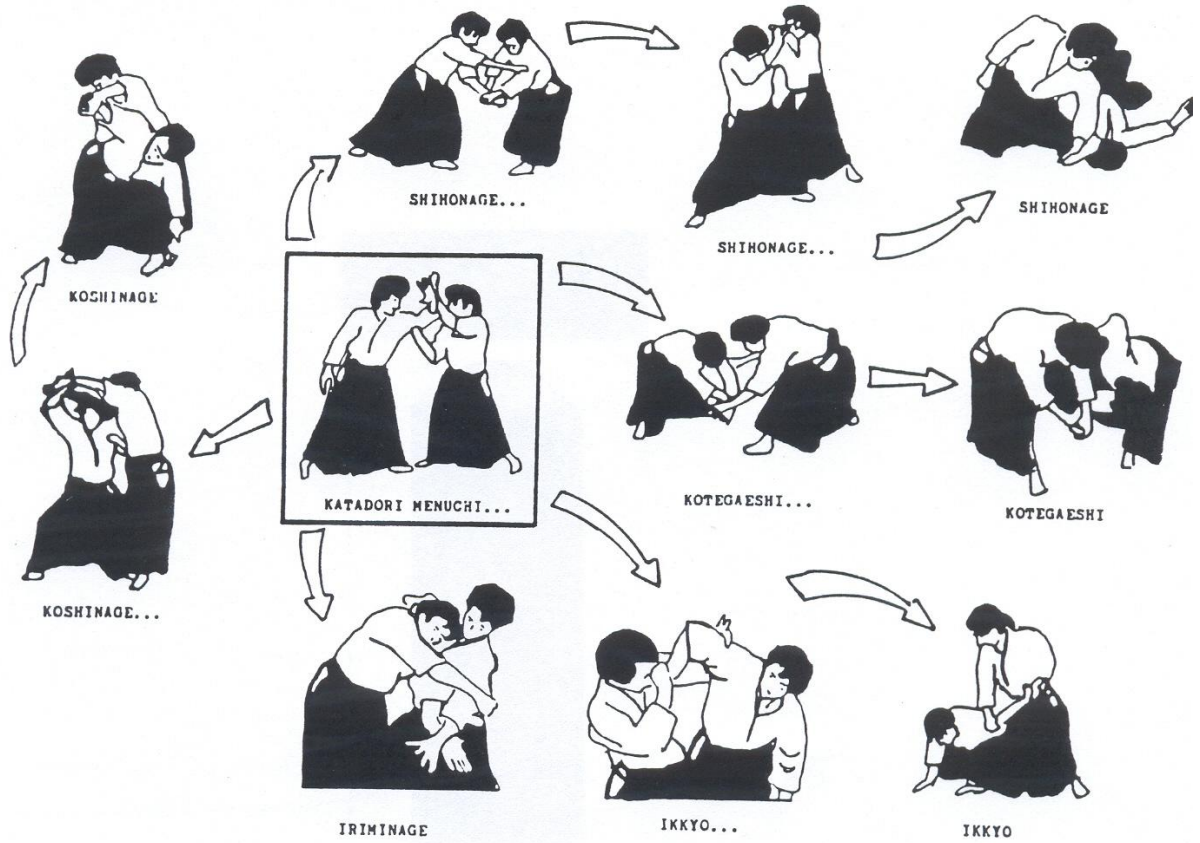


Munadori - Jodantsuki

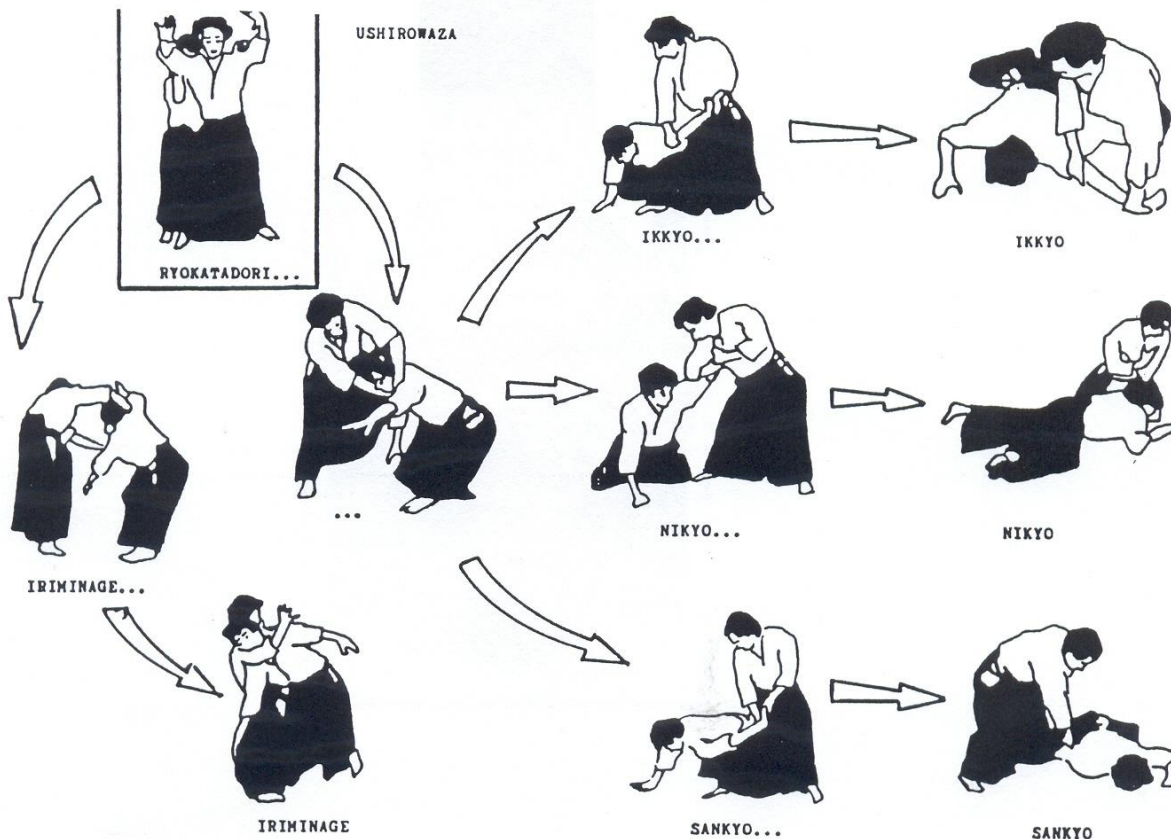
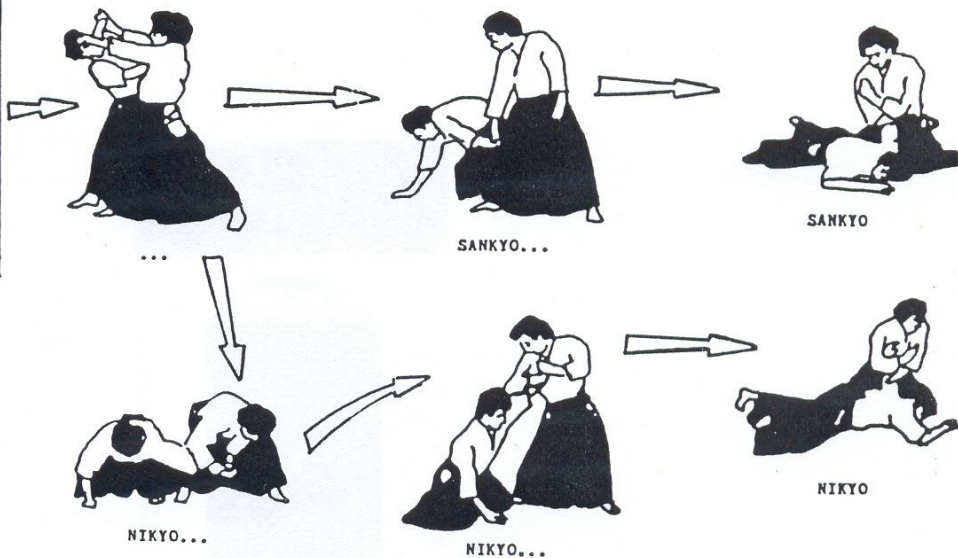


SANKYO

Katadori menuchi - Eridori



Katatedori kubishime - Ryokatadori





Tachi Waza :

Munadorimenuchi : voorslag van de keikogi vastgenomen en shomen naar het gezicht

Ikkyo	Nikkyo
Sankyo	Koshinage
Kokyunage	kotegaeshi

<i>Jodantsuki</i> :	Yonkyo	Koshinage
	Iriminage	Shionage
	Sotokaitennage	Ushirokiriotoshi

<i>Shomenuchi</i> :	Ikkyo	Nikkyo
	Sankyo	Yonkyo
	Gokyo	Koshinage
	Sumiotoshi	

Ushiro Waza :

<i>Ryotedori</i> :	Ikkyo	Nikkyo
	Kotegaeshi	Yonkyo
	Kokyonage	Koshinage

<i>Katatekubishime</i> :	Nikkyo	Kokyunage
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<i>Eridori</i> :	Iriminage	Kokyunage
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Hanmi Handachi Waza :

<i>Katatedori</i> :	Shionage	Uchikaitennage
	Ikkyo	Kotegaeshi
	Nikkyo	

<i>Ryotedori</i> :	Shionage	kokyunage
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<i>Shomenuchi</i> :	Iriminage	Kotegaeshi
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Tanto dori

Aiki ken

Suwari Waza :

Ryokatadori : Ikkyo
Sankyo

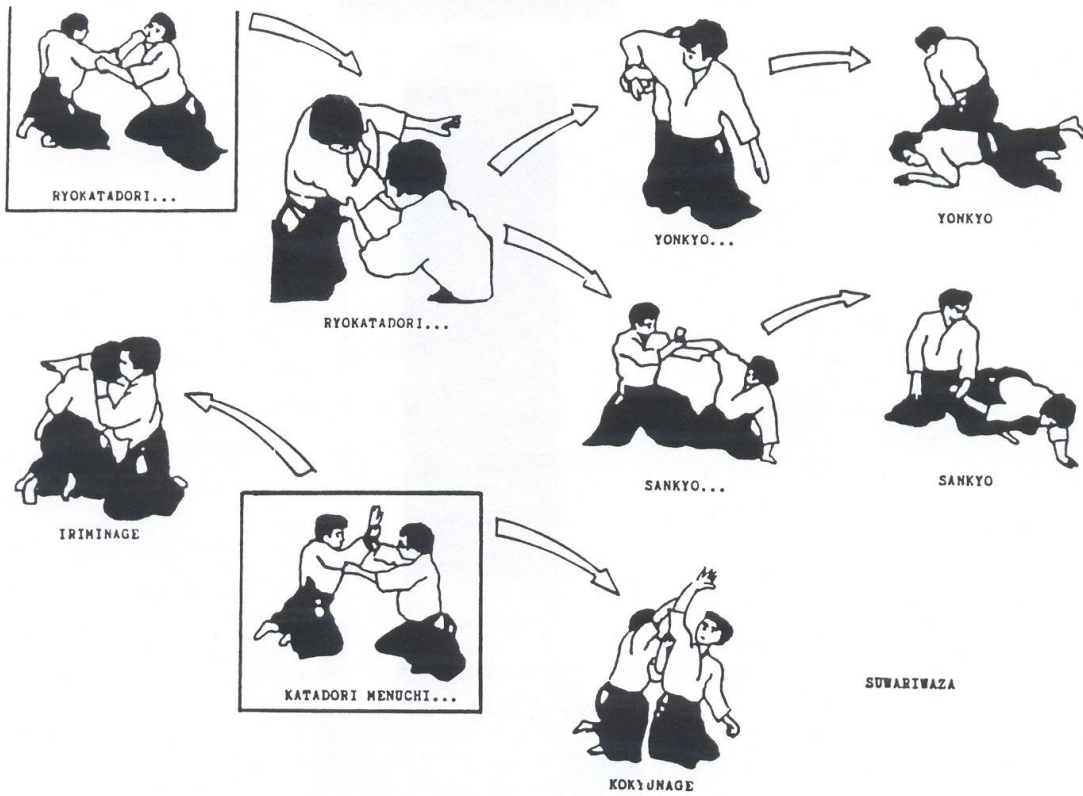
Nikkyo
Yonkyo

Shomenuchi : Ikkyo
Sankyo
Gokyo

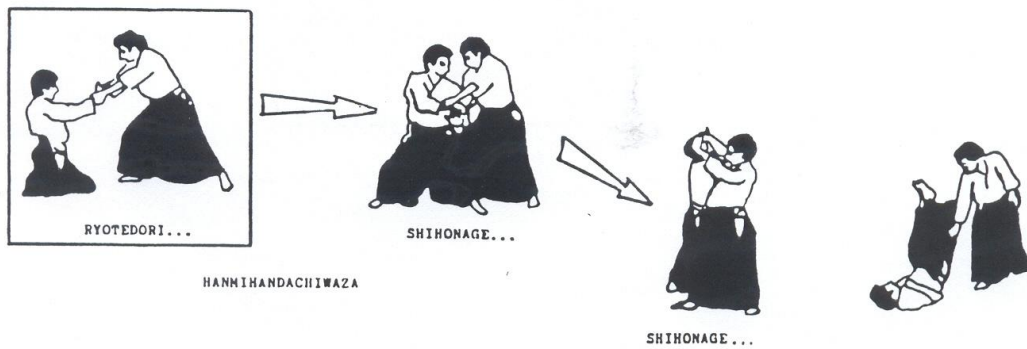
Nikkyo
Yonkyo
Iriminage

Katadorimenuchi : Iriminage

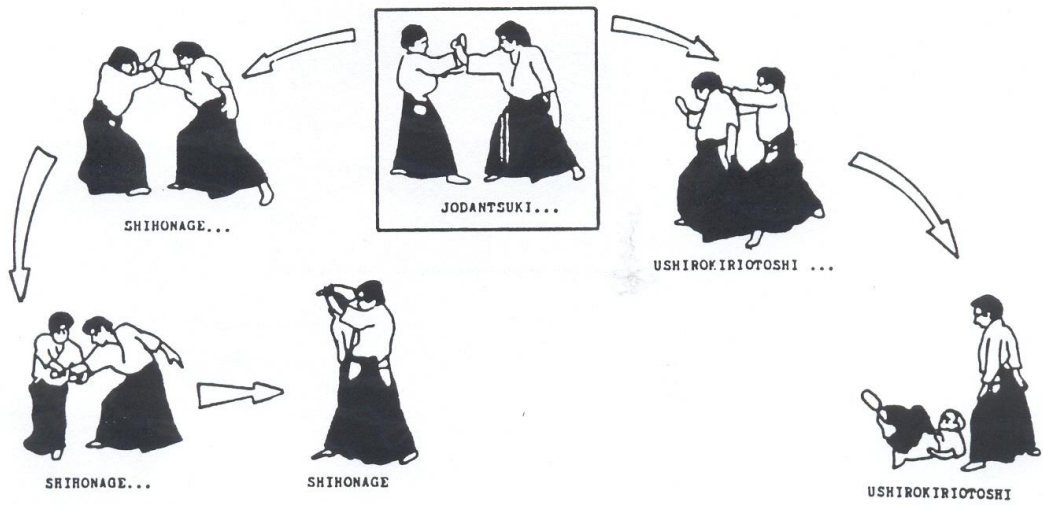
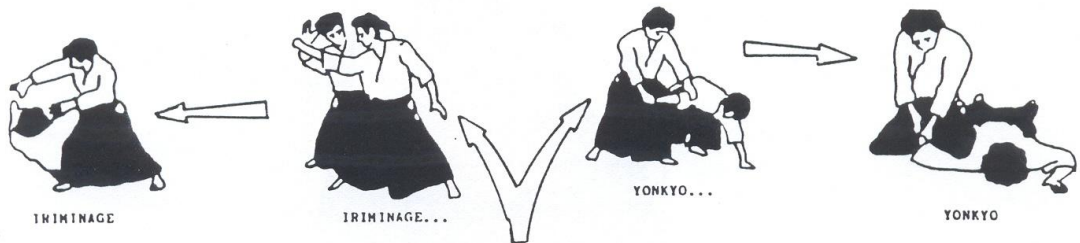
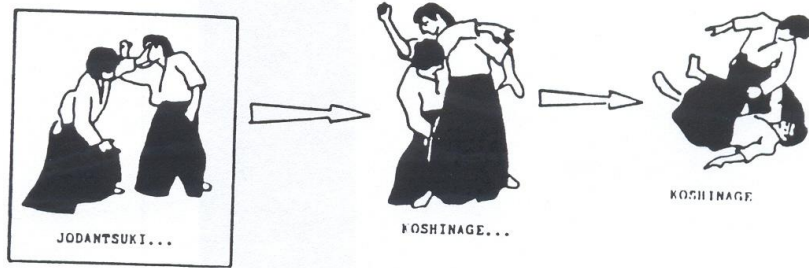
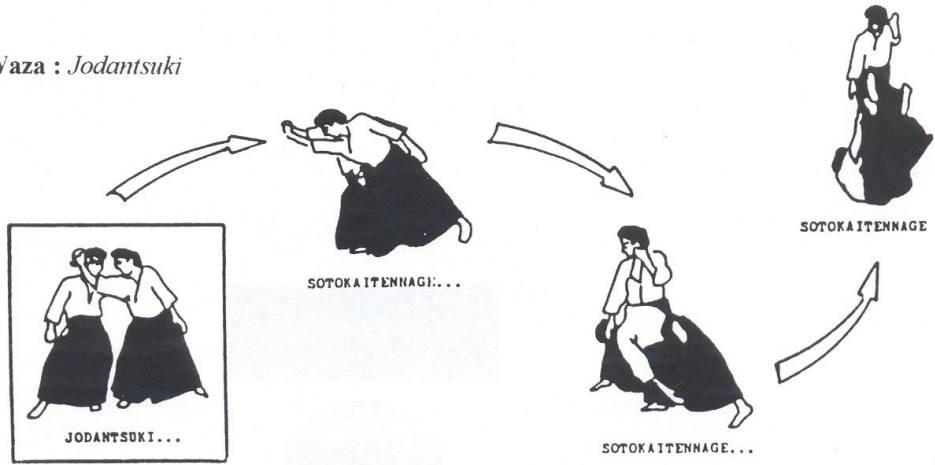
Kokyunage



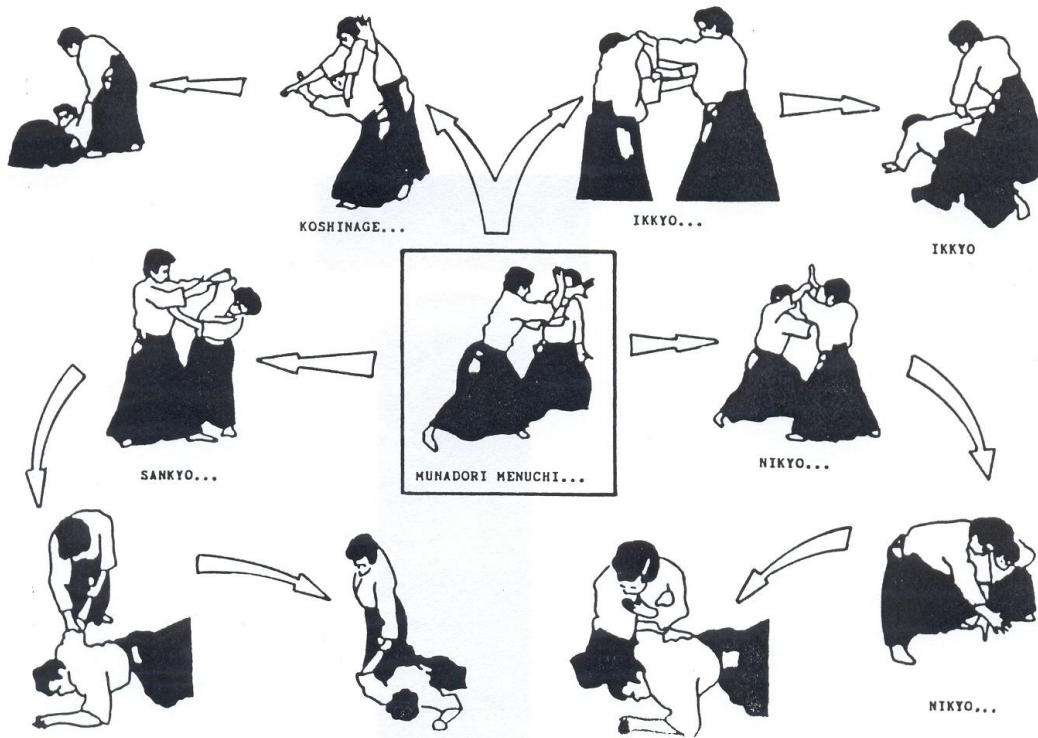
Hanmi Handachi Waza : Ryotedori



Tachi Waza : Jodantsuki



Tachi Waza : *Munadorimenuchi*



Hanmi Handachi Waza : *Katatedori*

