

8^E KYU (GEEL) INOUE-HA SHITO RYU NEDERLAND

GELE BAND – BRUINE SLIP

De karateka heeft begrip van:

- *Groet ceremonie, dojo etiquette*
- *Jodan, chudan, gedan, mae, ushiro, yoko, migi, hidari, naname*

DACHI (STANDEN)

- | | |
|----------------------|----------------------|
| ○ Heisoku-dachi | ○ Zenkutsu-dachi |
| ○ Musubi-dachi | ○ Han zenkutsu-dachi |
| ○ Heiko-dachi | ○ Kokutsu-dachi |
| ○ Uchi-hachiji-dachi | ○ Shiko-dachi |
| ○ Soto-hachiji-dachi | ○ Neko-ashi-dachi |

KIHON (= TECHNIEKEN, UIT TE VOEREN IN DE OPGEGEVEN STAND)

In uchi -hachiji-dachi:	In han zenkutsu-dachi:
○ Ura-tsuki	○ Ushiro-ashi mae-geri
○ Mawashi-tsuki	○ Mae-ashi mae-geri
○ Tettsui-uchi	○ Ushiro-ashi mawashi-geri
○ Mae-geri	○ Mae-ashi mawashi-geri
○ Mawashi-geri	
○ Kansetsu-geri	
○ Yoko-geri	

IDO KIHON (= TECHNIEKEN MET VERPLAATSING IN DE OPGEGEVEN STAND)

In shiko-dachi:	In neko-ashi-dachi:
○ Jodan-tsuki	○ Shuto-uke
○ Chudan-tsuki	○ Gyaku-tsuki
○ Gedan-tsuki	○ Kakete-uke
○ Uraken-uchi	○ Mae-ashi mae-geri
○ Shuto-barai	○ Mae-ashi mawashi-geri
○ Kansetsu-geri	
○ Yoko-geri	

RENZOKU IDO KIHON (= TECHNIEKEN MET VERPLAATSING IN DE OPGEGEVEN STAND)

In han- en zenkutsu dachi:
○ Zenkutsu-dachi + gedan-barai, han zenkutsu-dachi + oi-tsuki
○ Zenkutsu-dachi + yoko-uke, han zenkutsu-dachi + oi-tsuki
○ Zenkutsu-dachi + yoko-uchi-uke, han zenkutsu-dachi + oi-tsuki
○ Zenkutsu-dachi + age-uke, han zenkutsu-dachi + oi-tsuki + gyaku-tsuki
○ Han zenkutsu-dachi + oi-mawashi-geri
In neko-ashi-dachi
○ Neko-ashi-dachi + kakete-uke, mae-ashi mae-geri
○ Neko-ashi-dachi + yoko-uke, ushiro-ashi oi-mae-geri, han zenkutsu-dachi + mae-te-tsuki
In shiko-dachi
○ Shiko-dachi + mae-geri + uraken-uchi

KATA (= VORM)

- | | |
|----------------|----------------|
| ○ Dosa dai ni | ○ Pinan nidan |
| ○ Dosa dai san | ○ Pinan shodan |
| ○ Dosa dai yon | |

KUMITE

IPPON-KUMITE

Aanval	Verdediging
Oi-tsuki jodan	Age-uke + gyaku-tsuki
Oi-tsuki chudan	Yoko-uke + gyaku-tsuki
Oi-tsuki chudan	Yoko-uchi-uke + gyaku-tsuki
Oi-mae-geri	Gedan-barai + gyaku-tsuki