

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

GELE BAND – BLAUWE 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:
<ul style="list-style-type: none"> ○ Ura-tsuki ○ Mawashi-tsuki ○ Tettsui-uchi ○ Mae-geri ○ Mawashi-geri ○ Kansetsu-geri ○ Yoko-geri 	<ul style="list-style-type: none"> ○ Ushiro-ashi mae-geri ○ Mae-ashi mae-geri ○ Ushiro-ashi mawashi-geri ○ Mae-ashi mawashi-geri

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

In shiko-dachi:	In neko-ashi-dachi:
<ul style="list-style-type: none"> ○ Jodan-tsuki ○ Chudan-tsuki ○ Gedan-tsuki ○ Uraken-uchi ○ Shuto-barai ○ Kansetsu-geri ○ Yoko-geri 	<ul style="list-style-type: none"> ○ Shuto-uke ○ Gyaku-tsuki ○ Kakete-uke ○ Mae-ashi mae-geri ○ Mae-ashi mawashi-geri

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

In han- en zenkutsu dachi:
<ul style="list-style-type: none"> ○ 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
<ul style="list-style-type: none"> ○ 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
<ul style="list-style-type: none"> ○ Shiko-dachi + mae-geri + uraken-uchi

KATA (= VORM)



- Dosa dai ichi
- Dosa dai ni
- Dosa dai san
- Dosa dai yon
- Pinan shodan