

7^E KYU (ORANJE) INOUE-HA SHITO RYU NEDERLAND

ORANJE BAND

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 shiko-dachi:
○ Ura-tsuki ○ Mawashi-tsuki ○ Tettsui-uchi ○ Mae-geri ○ Mawashi-geri ○ Kansetsu-geri ○ Yoko-geri	○ Jodan-tsuki ○ Chudan-tsuki ○ Gedan-tsuki ○ Uraken-uchi ○ Shuto-barai

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 + oi-tsuki ○ Han zenkutsu-dachi + oi-mae-geri ○ Han zenkutsu-dachi + oi-mawashi-geri
In neko-ashi-dachi
○ Shuto-uke ○ Gyaku-tsuki ○ Kakete-uke ○ 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	Soto-uke + gyaku-tsuki
Oi-mae-geri	Gedan-barai + gyaku-tsuki

BUNKAI

Pinan nidan + bunkai