

## 8<sup>E</sup> KYU (GEEL) INOUE-HA SHITO RYU NEDERLAND

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

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

In shiko-dachi:	In neko-ashi-dachi:
<ul style="list-style-type: none"> <li>○ Jodan-tsuki</li> <li>○ Chudan-tsuki</li> <li>○ Gedan-tsuki</li> </ul>	<ul style="list-style-type: none"> <li>○ Shuto-uke</li> <li>○ Gyaku-tsuki</li> </ul>

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

In han- en zenkutsu dachi:
<ul style="list-style-type: none"> <li>○ Zenkutsu-dachi + gedan-barai, han zenkutsu-dachi + chudan-tsuki</li> <li>○ Zenkutsu-dachi + yoko-uke, han zenkutsu-dachi + chudan -tsuki</li> <li>○ Zenkutsu-dachi + yoko-uchi-uke, han zenkutsu-dachi + chudan -tsuki</li> <li>○ Zenkutsu-dachi + age-uke, han zenkutsu-dachi + gyaku-tsuki + oi-tsuki</li> <li>○ Han zenkutsu-dachi + oi-mawashi-geri</li> </ul>

### KATA (= VORM)

- Kihon kata san
- Kihon kata yon
- Kihon kata go
- Dosa dai ichi
- Dosa dai ni