

ORANJE SLIP

De karateka heeft begrip van:

- *Groet ceremonie, dojo etiquette*
- *Jodan, chudan, gedan, mae, ushiro*

DACHI (STANDEN)

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

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

In heiko- of uchi-hachiji-dachi:

- | | |
|----------------|-----------------|
| ○ Jodan-tsuki | ○ Yoko-uke |
| ○ Chudan-tsuki | ○ Yoko-uchi-uke |
| ○ Gedan-tsuki | ○ Age-uke |
| ○ Mae-te-tsuki | ○ Mae-geri |
| ○ Gedan-barai | |

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

In zenkutsu- of han zenkutsu dachi:

- | | |
|----------------|-----------------|
| ○ Jodan-tsuki | ○ Gedan-barai |
| ○ Chudan-tsuki | ○ Yoko-uke |
| ○ Gedan-tsuki | ○ Yoko-uchi-uke |
| ○ Mae-te-tsuki | ○ Age-uke |
| ○ Gyaku-tsuki | ○ Mae-geri |

KATA (= VORM)

- Kihon kata ichi
- Kihon kata ni
- Kihon kata san