

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

GELE BAND

De karateka heeft begrip van:

- *Groet ceremonie, dojo etiquette*
- *Jodan, chudan, gedan, mae, ushiro, yoko (migi/hidari)*

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 heiko- of uchi-hachiji-dachi:	In shiko-dachi:
<ul style="list-style-type: none"> ○ Jodan-tsuki ○ Chudan-tsuki ○ Gedan-tsuki ○ Mae-te-tsuki ○ Gedan-barai ○ Yoko-uke ○ Yoko-uchi-uke ○ Age-uke ○ Mae-geri 	<ul style="list-style-type: none"> ○ Jodan-tsuki ○ Chudan-tsuki ○ Gedan-tsuki

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

In zenkutsu- of han zenkutsu dachi:	In shiko-dachi:	In neko-ashi-dachi:
<ul style="list-style-type: none"> ○ Jodan-tsuki ○ Chudan-tsuki ○ Gedan-tsuki ○ Mae-te-tsuki ○ Gyaku-tsuki ○ Gedan-barai ○ Yoko-uke ○ Yoko-uchi-uke ○ Age-uke ○ Mae-geri 	<ul style="list-style-type: none"> ○ Gedan-barai ○ Yoko-uke ○ Yoko-uchi-uke 	<ul style="list-style-type: none"> ○ Shuto-uke ○ Gyaku-tsuki

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

In zenkutsu- of han zenkutsu dachi:
<ul style="list-style-type: none"> ○ Gedan-barai + gyaku-tsuki ○ Yoko-uke + gyaku-tsuki ○ Yoko-uchi-uke + gyaku-tsuki ○ Age-uke + gyaku-tsuki

KATA (= VORM)

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