

Examenlijst Leiden

Kyu-graad	Aanval	pos	Technieken
6e kyu (min. 2 mnd. na start)	shikko		
	mae ukemi		
	ushiro ukemi		
	aihanmi	tachi waza	ikkyo
	aihanmi	tachi waza	iriminage
	aihanmi	tachi waza	shihonage
5e kyu (min. 2 mnd. na 6e)	katatedori	tachi waza	shihonage
	katatedori	tachi waza	tenchinage
	shomenuchi	tachi waza	ikkyo
	shomenuchi	tachi waza	iriminage
4e kyu (min. 3 mnd. na 5e)	aihanmi	suwari waza	ikkyo
	aihanmi	suwari waza	iriminage
	shomenuchi	suwari waza	ikkyo
	shomenuchi	suwari waza	iriminage
	aihanmi	tachi waza	kotegaeshi
	aihanmi	tachi waza	nikyo
	aihanmi	tachi waza	sankyo
	aihanmi	tachi waza	udekimenage
	katadori	tachi waza	ikkyo
	katadori	tachi waza	nikyo
	katatedori	tachi waza	ikkyo
	katatedori	tachi waza	kokyu nage
	katatedori	tachi waza	kotegaeshi
	katatedori	tachi waza	nikyo
	katatedori	tachi waza	sokumen iriminage
	katatedori	tachi waza	uchikaitennage
	katatedori	tachi waza	udekimenage
	ryotedori	tachi waza	tenchinage
	shomenuchi	tachi waza	kotegaeshi
	ushiro ryotedori	tachi waza	sankyo
yokomenuchi	tachi waza	shihonage	
yokomenuchi	tachi waza	udekimenage	
3de kyu (min. 6mnd na 4de)	katatedori	hanmi handachi waza	iriminage
	katatedori	hanmi handachi waza	shihonage
	kata dori	suwari waza	ikkyo
	kata dori	suwari waza	nikyo
	katatedori	suwari waza	ikkyo
	katatedori	suwari waza	nikkyo
	kata dori menuchi	tachi waza	ikkyo
	katatedori	tachi waza	sotokaiten-nage
	morotedori	tachi waza	ikkyo
	morotedori	tachi waza	kotegaeshi
	morotedori	tachi waza	nikyo
	morotedori	tachi waza	udekimenage
	ryotedori	tachi waza	ikkyo
	ryotedori	tachi waza	shihonage
	shomenuchi	tachi waza	kotegaeshi
	ushiro ryotedori	tachi waza	ikkyo
	ushiro ryotedori	tachi waza	iriminage
	ushiro ryotedori	tachi waza	kotegaeshi
	ushiro ryotedori	tachi waza	nikyo
	ushiro ryotedori	tachi waza	shihonage
ushiro ryotedori	tachi waza	udekimenage	

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	yokomenuchi	tachi waza	ikkyo
	yokomenuchi	tachi waza	iriminage
	yokomenuchi	tachi waza	kotegaeshi
	yokomenuchi	tachi waza	nikkyo
	yokomenuchi	tachi waza	sankyo
	yokomenuchi	tachi waza	yonkyo
2e kyu (min. 7 mnd na derde)	katatedori	hanmi handachi waza	sotokaiten-nage
	ryotedori	hanmi handachi waza	shihonage
	katatedori	suwari waza	iriminage
	katatedori	suwari waza	kotegaeshi
	yokomenuchi	suwari waza	gokyo
	yokomenuchi	suwari waza	iriminage
	aihanmi	tachi waza	koshi-nage
	chudantsuki	tachi waza	iriminage
	jodantsuki	tachi waza	hijikime osae
	katadori menuchi	tachi waza	ikkyo
	katadori menuchi	tachi waza	iriminage
	katadori menuchi	tachi waza	kotegaeshi
	katadori menuchi	tachi waza	nikyo
	katadori menuchi	tachi waza	sankyo
	katadori menuchi	tachi waza	shihonage
	katatedori	tachi waza	sumi otoshi
	morotedori	tachi waza	iriminage
	ryotedori	tachi waza	iriminage
	ryotedori	tachi waza	kotegaeshi
	shomenuchi	tachi waza	shihonage
	shomenuchi	tachi waza	sotokaitennage
	shomenuchi	tachi waza	uchikaitennage
	ushiro ryokatadori	tachi waza	aiki otoshi
	ushiro ryokatadori	tachi waza	ikkyo
	ushiro ryokatadori	tachi waza	nikkyo
	ushiro ryokatadori	tachi waza	sokumen iriminage
	ushiro ryotedori	tachi waza	jujigarami
	ushiro ryotedori	tachi waza	sankyo
	yokomenuchi	tachi waza	gokyo
	1e kyu (min. 8mnd na 2de)	chudantsuki	tachi waza
chudantsuki		tachi waza	kotegaeshi
chudantsuki		tachi waza	nikyo
chudantsuki		tachi waza	nikyo
chudantsuki		tachi waza	sankyo
chudantsuki		tachi waza	sankyo
jodantsuki		tachi waza	shihonage
morotedori		tachi waza	jujigarami
munadori		tachi waza	shihonage
shomenuchi		tachi waza	gokyo
ushiro eridori		tachi waza	ikkyo
ushiro eridori		tachi waza	kotegaeshi
ushiro eridori		tachi waza	shihonage
ushiro katatedori kubishime		tachi waza	shihonage