



Vorm	Aanval	Techniek
Tachi waza	Gyaku hanmi katate dori	<ul style="list-style-type: none"> <li>➤ Sankyo</li> <li>➤ Yonkyo</li> <li>➤ Iriminage</li> <li>➤ Kotegaeshi</li> </ul>
Tachi waza (t) & Suwari waza (s)	Aihanmi katate dori	<ul style="list-style-type: none"> <li>➤ Ikkyo (s)</li> <li>➤ Nikyo (s)</li> <li>➤ Sankyo (t)</li> <li>➤ Yonkyo (t)</li> </ul>
Suwari waza (s) & Tachi waza (t)	Kata dori (schouder vastpakken spiegelstand)	<ul style="list-style-type: none"> <li>➤ Ikkyo (s)</li> <li>➤ Nikkyo (s)</li> <li>➤ Sankyo (t)</li> <li>➤ Yonkyo (t)</li> </ul>
Suwari waza (s) & Tachi waza (t)	Shomen uchi	<ul style="list-style-type: none"> <li>➤ Ikkyo (s)</li> <li>➤ Nikyo (s)</li> <li>➤ Sankyo (t)</li> <li>➤ Yonkyo (t)</li> <li>➤ Kotegaesh (t)</li> </ul>
Suwari waza (s) & Tachi waza (t)	Yokomen uchi	<ul style="list-style-type: none"> <li>➤ Ikkyo (s)</li> <li>➤ Nikyo (s)</li> <li>➤ Sankyo (t)</li> <li>➤ Yonkyo (t)</li> <li>➤ Ude kime nage (t)</li> </ul>

# 4<sup>de</sup> kyu



Vorm	Aanval	Techniek
Tachi waza	Chudan Tsuki (stoot naar de buik)	<ul style="list-style-type: none"><li>➤ Iriminage</li><li>➤ Kotegaeshi</li></ul>
Tachi waza	Ryote dori	<ul style="list-style-type: none"><li>➤ Ikkyo</li><li>➤ Nikyo</li><li>➤ Shiho nage</li><li>➤ Kokyo nage</li></ul>
Tachi waza	Morote dori (2 handen pakken 1 pols)	<ul style="list-style-type: none"><li>➤ Ikkyo</li><li>➤ Nikyo</li><li>➤ Kokyo nage</li></ul>