



BUSHIDOJO NEDERLAND

Bushi Dojo Nederland Exameneisen

4 e kyu ongeveer 80-100 klokuren na behalen 5^e kyu

| Vorm | Aanval | Techniek |
|-------------------------------------|--|---|
| Tachi waza | Gyaku hanmi katate dori | Sankyo Yonkyo Irimi nage Kote gaeshi |
| Tachi waza (t) & Suwari waza (s) | Aihanmi katate dori | Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t) |
| Suwari waza (s) & Tachi waza (t) | Kata dori (schouder vastpakken spiegelstand) | Ikkyo (s) Nikkyo (s) Sankyo (t) Yonkyo (t) |
| Suwari waza (s) & Tachi waza (t) | Shomen uchi | Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t) Kote gaeshi (t) |
| Suwari waza (s) & Tachi waza (t) | Yokomen uchi | Ikkyo (s) Nikyo (s) Sankyo (t) Yonkyo (t) Ude kime nage (t) |



Bushi Dojo Nederland Exameneisen

4 e kyu ongeveer 80-100 klokuren na behalen 5 e kyu

| Vorm | Aanval | Techniek |
|-------------|---|--|
| Tachi waza | Chudan Tsuki (stoot naar de buik) | Irimi nage Kote gaeshi |
| Tachi waza | Ryote dori | Ikkyo Nikyo Shiho nage Kokyo nage |
| Tachi waza | Morote dori (2 handen pakken 1 pols) | Ikkyo Nikyo Kokyo nage |

+ alle exameneisen van 6^e, 5^e kyu