

**Kihon Waza:**

1. Kette Junzuki chudan
2. Kette Gyakuzuki chudan
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Ushirogeri chudan
6. Ura Mawashigeri jodan
7. Nidangeri of Mae-tobigeri

**Renrakuwaza:**

1. Surikomi Maegeri chudan, Nagashizuki Jodan, Gyakuzuki chudan, Ashibarai, Tobikomizuki jodan
2. Mawashigeri jodan, Sokuto Fumikomi/gedan, Ushirogeri chudan, Uraken jodan, Gyakuzuki chudan
3. Maegeri chudan, Ashibarai, Sokuto chudan, Ura Mawashigeri jodan

**Sanbon Kumite:**

1. Jodan-uke 5+6
2. Maegeri 1 t/m 6

**Ohyo-Kumite: 3+4**

**Kihon Kumite: 1+2**

**Kata:**

Pinan Sandan

Pinan Yondan

**Kaisetsu Kumite/ Bunkai:**

Uitleg en voordoen van 1 oefening die hoort bij Pinan Sandan

**Jiyu Kumite:**

Vrije gevecht of sparren