



2de kyu exameneisen

80 uren minimaal na 3de kyu

Vorm	Aanval met partner	Techniek
Tachi Waza	Gyaku hanmi katate dori	Jiyu waza Koshinage Udegaraminage
Tachi Waza	Shomenuchi Yokomen-uchi	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kotegaeshi
Hanmi handachi waza	Morote dori	Shihonage Sumiotoshi Uchikaiten nage Uchikaiten kata gatame
Tachi Waza	Kata dori shomen uchi	Iriminage Shihonage
Tachi Waza	Ushiro ryokata dori Katatedori munedakishime (1 hand pols + verwurging)	Ikkyo Nikyo Sankyo Yonkyo Shihonage Kotegaeshi Udegaraminage Kokyunage
Tachi Waza	Ryote dori Morote dori	Jiyu waza



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Suwari waza	Yokomen uchi	Sankyo Yonkyo Rokyo Kaiten nage (uchi en soto) Iriminage Kotegaeshi Sotokaiten nage