

Jaap Bol (april, 2018) *

1. KIHON: ZUKI WAZA, UKE WAZA, GERI WAZA & RENRAKU WAZA
1.1 Kihon: Zuki waza

| | | Witte band (9e kyu) | Gele band (8e kyu) | Oranje band (7e kyu) | Groene band (6e kyu) | Blauwe band I (5e kyu) | Blauwe band II (4e kyu) | Bruine band I (3e kyu) | Bruine band II (2e kyu) | Bruine band III (1e kyu) |
|------------------------|-------------------------------|------------------------|-----------------------|-------------------------|-------------------------|---------------------------|----------------------------|---------------------------|----------------------------|-----------------------------|
| Zenkutsu dachi | Junzuki (chudan) * | | X | | | | | | | |
| | Kette junzuki * | | | | X | X | X | X | X | X |
| * Mawatte jodan uke | Junzuki no tsukomi * | | | X | | | | | | |
| ** Mawatte gedan barai | Kette junzuki no tsukomi * | | | | | X | X | X | X | X |
| *** Mawatte | Gyakuzuki (chudan) ** | | X | | | | | | | |
| | Kette gyakuzuki (chudan) ** | | | X | | | | | | |
| | Gyakuzuki no tsukomi ** | | | X | | | | | | |
| | Kette gyakuzuki no tsukomi ** | | | | | X | X | X | X | X |
| | Tobikomizuki *** | | | | X | | | | X | X |
| | Nagashizuki *** | | | | | X | X | X | X | X |

1.2 Kihon: Uke waza

| | | Witte band (9e kyu) | Gele band (8e kyu) | Oranje band (7e kyu) | Groene band (6e kyu) | Blauwe band I (5e kyu) | Blauwe band II (4e kyu) | Bruine band I (3e kyu) | Bruine band II (2e kyu) | Bruine band III (1e kyu) |
|----------------|---|------------------------|-----------------------|-------------------------|-------------------------|---------------------------|----------------------------|---------------------------|----------------------------|-----------------------------|
| Zenkutsu dachi | Jodan uke | | X | | | | | | | |
| | Gedan barai | | X | | | | | | | |
| | Uchi uke (chudan) (met/zonder gyakuzuki chudan) | | X | | | | | | | |
| | Soto uke (chudan) (met/zonder gyakuzuki chudan) | | X | | | | | | | |
| | Shuto uke (jodan) | | X | | | | | | | |

1.3 Kihon: Geri waza

| | | Witte band (9e kyu) | Gele band (8e kyu) | Oranje band (7e kyu) | Groene band (6e kyu) | Blauwe band I (5e kyu) | Blauwe band II (4e kyu) | Bruine band I (3e kyu) | Bruine band II (2e kyu) | Bruine band III (1e kyu) |
|----------------|--|------------------------|-----------------------|-------------------------|-------------------------|---------------------------|----------------------------|---------------------------|----------------------------|-----------------------------|
| Zenkutsu dachi | Maegeri (chudan) | | X | | | | | | | X |
| | Surikomi maegeri chudan | | X | | | | | | | |
| | Maegeri (jodan) | | | | X | | | | | |
| | Mawashigeri (chudan) | | | X | | | | | | X |
| | Surikomi mawashigeri (chudan) | | | X | | | | | | |
| | Mawashigeri (jodan) | | | | | | | X | | |
| | Sokuto fumikomi | | X | | | | | | | |
| | Sokuto chudan | | | X | | | | X | | X |
| | Surikomi sokuto chudan | | | | X | | | | | |
| | Nidangeri of maetobigeri (groen chudan, bl.2, br.2 en 3 jodan) | | | | X | | X | | X | X |
| | Ushirogeri hiza (gedan) | | | | | X | | | | |
| | Ushirogeri chudan | | | | | | X | X | X | X |

1.4 Kihon: Renraku waza

| | | Witte band (9e kyu) | Gele band (8e kyu) | Oranje band (7e kyu) | Groene band (6e kyu) | Blauwe band I (5e kyu) | Blauwe band II (4e kyu) | Bruine band I (3e kyu) | Bruine band II (2e kyu) | Bruine band III (1e kyu) |
|----------------|--|------------------------|-----------------------|-------------------------|-------------------------|---------------------------|----------------------------|---------------------------|----------------------------|-----------------------------|
| Zenkutsu dachi | Maegeri, gyakuzuki | | X | | | | | | | |
| | Surikomi maegeri, gyakuzuki | | X | | | | | | | |
| | Sokuto fumikomi, gyakuzuki | | X | | | | | | | |
| | Maegeri chudan, sokuto fumikomi, gyakuzuki chudan | | X | | | | | | | |
| | Maegeri, mawashigeri, gyakuzuki (alles chudan) | | | X | | | | | | |
| | Surikomi maegeri chudan, mawashigeri jodan, gyakuzuki chudan | | | X | | | | | | |
| | Maegeri/ sokuto, gyakuzuki (alles chudan) | | | X | | | | | | |
| | Maegeri chudan, tobikomizuki jodan, gyakuzuki | | | | X | | | | | |
| | Surikomi sokuto chudan, mawashigeri jodan, gyakuzuki chudan | | | | X | | | | | |
| | Maegeri jodan, sokuto fumikomi, uraken jodan, gyakuzuki chudan | | | | X | | | | | |
| | Maegeri chudan, nagashizuki jodan, gyakuzuki chudan | | | | | X | | | | |
| | Maegeri chudan, sokuto gedan, ushirogeri hiza, gyakuzuki chudan | | | | | X | | | | |
| | Mawashigeri chudan, ushirogeri hiza, uraken jodan, gyakuzuki chudan | | | | | X | | | | |
| | Maegeri chudan, nagashizuki jodan, gyakuzuki chudan, tobikomizuki jodan | | | | | | X | | | |
| | Surikomi maegeri chudan, nagashizuki jodan, mawashigeri chudan, gyakuzuki chudan | | | | | | X | | | |
| | Maegeri chudan, sokuto gedan, ushirogeri chudan, uraken jodan, gyakuzuki chudan | | | | | | X | | | |
| | Zenshinshite jodan chudan renzuki, mawashigeri chudan, gyakuzuki chudan | | | | | | | X | | |
| | Maegeri chudan, nagashizuki jodan, gyakuzuki chudan, mawashigeri jodan | | | | | | | X | | |

| | | | | | | | | | |
|--|---------------------------------|---|---|---|---|---|---|---|---|
| Surikomi maegeri chudan, sokuto gedan, ushirogeri hiza, uraken jodan, gyakuzuki chudan | | | | | | X | | | |
| Surikomi maegeri chudan, tobikomizuki jodan, sokuto gedan, ushirogeri chudan, gyakuzuki chudan | | | | | | | X | | |
| Maegeri chudan, nagashizuki jodan, mawashigeri chudan, uraken jodan, gyakuzuki chudan | | | | | | | X | | |
| Zenshinshite jodan chudan renzuki, surikomi maegeri chudan, tobikomizuki jodan, gyakuzuki chudan renzuki | | | | | | | X | | X |
| Zenshinshite jodan chudan renzuki, maegeri chudan, mawashigeri chudan, ushirogeri chudan, uraken jodan, gyakuzuki chudan | | | | | | | | | X |
| Maegeri chudan, tobikomizuki jodan, gyakuzuki chudan, sokuto chudan, mawashigeri jodan, uraken jodan, gyakuzuki chudan | | | | | | | | | X |
| Maegeri chudan, nagashizuki jodan, gyakuzuki chudan, sokuto gedan, mawashigeri chudan, ushirogeri chudan, uraken jodan, gyakuzuki chudan | | | | | | | | | X |
| 2. KATA | | | | | | | | | |
| Kihon no Kata | | X | | | | | | | |
| Pinan nidan | | | X | | | | | | |
| Pinan shodan | | | | X | | | | | |
| Pinan sandan | | | | | X | | | | |
| Pinan yondan | | | | | | X | | | |
| Pinan godan | | | | | | | X | | |
| Kushanku | | | | | | | | X | X |
| Naihanchi | | | | | | | | | X |
| 3. YAKUSOKU KUMITE | | | | | | | | | |
| Sanbon kumite - chudan 1 (soto uke) | | | X | | | X | | | X |
| Sanbon kumite - chudan 2 (uchi uke) | | | X | | | | | | X |
| Sanbon kumite - maegeri 1 | | | X | | | X | X | X | X |
| Sanbon kumite - maegeri 2 | | | X | | | X | X | X | X |
| Sanbon kumite - maegeri 3 | | | | X | | X | X | X | X |
| Sanbon kumite - maegeri 4 | | | | X | | X | X | X | X |
| Sanbon kumite - maegeri 5 | | | | | X | X | X | X | X |
| Sanbon kumite - maegeri 6 | | | | X | | X | X | X | X |
| Sanbon kumite - jodan 1 | | | | X | | X | X | X | X |
| Sanbon kumite - jodan 2 | | | | X | | X | X | X | X |
| Sanbon kumite - jodan 3 | | | | | X | X | X | X | X |
| Sanbon kumite - jodan 4 | | | | | X | X | X | X | X |
| Ohyo kumite nr. 1 | | | | X | | | | | |
| Ohyo kumite nr. 2 | | | | | X | | | X | |
| Ohyo kumite nr. 3 | | | | | | X | | | |
| Ohyo kumite nr. 4 | | | | | | | X | | |
| Ohyo kumite nr. 5 | | | | | | | | | |
| Ohyo kumite nr. 6 | | | | | | | | X | |
| Ohyo kumite nr. 7 | | | | | | | | X | X |
| Ohyo kumite nr. 8 | | | | | | | | | X |
| Kihon kumite nr. 1 | | | | | | | X | | X |
| Kihon kumite nr. 2 | | | | | | | | X | X |
| Kihon kumite nr. 3 | | | | | | | | | X |
| 4. JIJU KUMITE | | | | | | | | | |
| 3 x 1 minuut | 1 ronde aanvallen | | X | X | X | | | | |
| | 1 ronde verdedigen | | X | X | X | | | | |
| | 1 ronde aanvallen en verdedigen | | X | X | X | | | | |
| 9 x 1 minuut | 3 ronde aanvallen | | | | | X | X | X | X |
| | 3 ronde verdedigen | | | | | X | X | X | X |
| | 3 ronde aanvallen en verdedigen | | | | | X | X | X | X |