|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | pnt | behaald |
| 8 valbewegingen | | | | | | | | | | | | | | 8 |  |
| 20 klemmen met afwerking | | 1 | 2 | | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 20 |  |
| 11 | 12 | | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 |
| klemmenketting | | | | | | | | | | | | | | 15 |  |
| beenworpen | | | | | | | | | | | | | | 6 |  |
| heupworpen | | | | | | | | | | | | | | 6 |  |
| schouderworpen | | | | | | | | | | | | | | 6 |  |
| offerworpen | | | | | | | | | | | | | | 4 |  |
| 3 tijden | | | | | | | | | | | | | | 3 |  |
| wurging | *staand* | | | voor  zonder aanraking  achter armen geplooid  achter armen gestrekt | | | | | | | | | | 3  2  2  2 |  |
| *liggend* | | | zittend tussen  zittend op  zittend naast | | | | | | | | | | 1  1  1 |  |
| polsgreep | *voor* | | | R grijpt L  R grijpt R  beide polsen  dubbele pols | | | | | | | | | | 2  2  1  1 |  |
| kraaggreep | *voor* | | | één hand  beide handen  één hand en bijtrekken | | | | | | | | | | 2  2  1 |  |
| *achter* | | | één hand | | | | | | | | | | 1 |  |
| vuistslag | rechtdoor  uppercut  dubbele slag | | | | | | | | | | | | | 3  1  1 |  |
| messteek | onder  boven  zijwaarts van L naar R  zijwaarts van R naar L  rechtdoor | | | | | | | | | | | | | 2  2  2  2  2 |  |
| afweer op revolver | voor  achter | | | | | | | | | | | | | 1  1 |  |
| handgreep | | | | | | | | | | | | | | 3 |  |
| hoofdgreep | | | | | | | | | | | | | | 2 |  |
| voetstamp | | | | | | | | | | | | | | 2 |  |
| nelsongreep | | | | | | | | | | | | | | 2 |  |
| beengrepen op vuistslag | | | | | | | | | | | | | | 2 |  |
| houdingen | | | | | | | | | | | | | | 3 |  |
| wurgingen uitvoeren | | | | | | | | | | | | | | 2 |  |
| random attacks – 5 aanvallen | | | | | | | | | | | | | | 5 |  |
|  | | | | | | | | | | | | | |  |  |
| Naam : | | | | | | | | | totaal | | | | | **130** |  |
| Datum : | | | | | | | | | min te behalen (65%) | | | | | 85 |
| Sensei : | | | | | | | | | | | | | | | |