# Examenprogramma seniores – 4 Kyu – Oranje Gordel

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | pnt | behaald |
| 8 valbewegingen | | | | | | | | | | | | | | 8 |  |
| 15 klemmen met afwerking | | 1 | 2 | 3 | | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 15 |  |
| 11 | 12 | 13 | | 14 | | 15 |  |  |  |  |  |
| klemmenketting | | | | | | | | | | | | | | 10 |  |
| 3 beenworpen | | | | | | | | | | | | | | 3 |  |
| 3 heupworpen | | | | | | | | | | | | | | 3 |  |
| 3 schouderworpen | | | | | | | | | | | | | | 3 |  |
| 2 offerworpen | | | | | | | | | | | | | | 2 |  |
| 3 tijden | | | | | | | | | | | | | | 3 |  |
| wurging | staand | | | | voor | | | | | | | | | 2 |  |
| zonder aanraking | | | | | | | | | 1 |  |
| achter geplooid | | | | | | | | | 1 |  |
| achter gestrekt | | | | | | | | | 1 |  |
| liggend | | | | zittend tussen | | | | | | | | | 1 |  |
| polsgreep | voor | | | | 2 R grijpt L  2 R grijpt R | | | | | | | | | 2  2 |  |
| kraaggreep | voor | | | | één hand  beide handen | | | | | | | | | 2  1 |  |
| vuistslag | | | | | | | | | | | | | | 3 |  |
| messteek | onder  boven  zijwaarts van L naar R  zijwaarts van R naar L  rechtdoor | | | | | | | | | | | | | 1  1  1  1  1 |  |
| handgreep | | | | | | | | | | | | | | 1 |  |
| hoofdgreep | | | | | | | | | | | | | | 1 |  |
| houdingen | | | | | | | | | | | | | | 2 |  |
| random-attacks (3 aanvallen) | | | | | | | | | | | | | | 3 |  |
|  | | | | | | | | | | | | | |  |  |
| Naam : | | | | | | | totaal | | | | | | | **75** |  |
| Datum : | | | | | | | min te behalen (65%) | | | | | | | 49 |
| Sensei : | | | | | | | | | | | | | | | |

Opmerkingen :

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