# Examenprogramma seniores – 5 Kyu – Gele Gordel

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | pnt | behaald |
| 8 valbewegingen | | | | | | | | | | | | | | 8 |  |
| 10 klemmen (zonder afwerking) | | 1 | 2 | 3 | | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 10 |  |
| klemmenketting | | | | | | | | | | | | | | 5 |  |
| 2 beenworpen | | | | | | | | | | | | | | 2 |  |
| 2 heupworpen | | | | | | | | | | | | | | 2 |  |
| 2 schouderworpen | | | | | | | | | | | | | | 2 |  |
| wurging | staand | | | | voor | | | | | | | | | 2 |  |
| polsgreep | voor | | | | R grijpt L  R grijpt R | | | | | | | | | 1  1 |  |
| kraaggreep | voor | | | | één hand | | | | | | | | | 1 |  |
| vuistslag | | | | | | | | | | | | | | 1 |  |
| messteek (zonder afwerking) | onder  boven  zijwaarts van L naar R  zijwaarts van R naar L  rechtdoor | | | | | | | | | | | | | 1  1  1  1  1 |  |
|  | | | | | | | | | | | | | |  |  |
| Naam : | | | | | | | totaal | | | | | | | **40** |  |
| Datum : | | | | | | | min te behalen (65%) | | | | | | | 26 |
| Sensei : | | | | | | | | | | | | | | | |

Opmerkingen :

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