



Examen Shodan - 1e Dan 400 lesdagen			
SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo tot Yonkyo Omote/Ura	
	2	Jiyuwaza	
TACHIWAZA			
Shomenuchi Kiawase	3	Iriminage en	
	4	Kotegaeshi	Basis & variatie, vallen
	5	Aikigoshi	Basis & variatie, Hikitsuke
	6	Sumiotoshi	Basis & variatie
	7	Udegarami	Nageosae
Shomenuchi	8	Jiyuwaza	
Katatetori Aihanmi	9	Ikkyo	1. Ushiroashi Irimi Tenkan Tenshin: Ura 2. Tenkan Tenshin: Omote
Katatetori Gyakuhanmi	10	Ikkyo	1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Tenkan Tenshin: Ura
Katatetori Aihanmi	11	Iriminage en Kotegaeshi	Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	12	Iriminage en Kotegaeshi	Jodan Sabaki
Katatetori Aihanmi	13	Jiyuwaza	
Katatetori Gyakuhanmi	14	Jiyuwaza	
Ryotetori	15	Kokyunage	1. Nentenmakiotoshi 2. Makiotoshi 3. Andere
Ryo Eritori	16	Kokyunage	Taninzutori
Katate Ryotetori	17	Shihonage	1. Tanren, Tenkan Tenshin Sabaki: 1. Jyujimusubi 2. Tekubigaeshi 2. Karamiosae, Tenkan Tenshin Sabaki: 1. Kamihanen Sa 2. Shimohanen Sa. (Tori: houding altijd rechts of altijd links voor, Techniek op beide kanten)
	18	Jiyuwaza	
Ushiro Ryotetori	19	Chinshin Kokyunage	
	20	Koshinage	
	21	Kotegaeshi	Verschillende
	22	Jiyuwaza	
Katatori Menuchi	23	Ikkyo	1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura 3. Tenkan Tenshin Uchinote: Omote 4. Tenkan Tenshin Katanote: Omote
	24	Jiyuwaza	Tenkan Tenshin Sabaki
Chudantsuki	25	Uchikaitensankyo	Ura Sabaki
	26	Shihonage	Omote Sabaki
	27	Jiyuwaza	
Yokomenuchi	28	Teguruma	
	29	Shihonage	1. Tori: Maeashi Tenkan, Mikiri Sabaki, dan Ushiroashi Irimi Tenkan 2. Uke: Angriff rechts-links of rechts-rechts (Gyaku-Yokomenuchi)
	30	Kotegaeshi	
	31 A	Ikkyo tot Gokyo	1. Ushiroashi Irimi Tenkan, Tatakiotoshi: Omote 2. Maeashi Irimi, Tatakiotoshi: Ura
		Of:	
Shomenuchi	31 B	Ikkyo tot Gokyo	1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura
Tanto	32	Tantotori	