

Exameneisen Banden Judoclub Michigami Steenbergen



Ukemi-waza

Ushiro-ukemi Yoko-ukemi Mae-ukemi Zenpo-kaiten

Nage-waza

Ashi-waza

- 1 O-soto-gari
- 2 De-ashi-barai
- 3 Hiza-guruma
- 4 Ko-soto-gake
- 5 O-uchi-gari
- 6 Ko-uchi-gari
- 7 Okuri-ashi-barai
- 8 O-soto-guruma
- 9 O-soto-otoshi
- 10 Ko-soto-gari
- 11 Sasae-tsurikomi-ashi
- 12 Harai-tsurikomi-ashi
- 13 Soto-gake
- 14 Ko-uchi-makikomi
- 15 Ashi Guruma

Koshi-waza

- 1 Uki-goshi
- 2 Kubi-nage
- 3 Tsuru-goshi
- 4 Koshi-guruma
- 5 Harai-goshi
- 6 Hane-goshi
- 7 Ushiro-goshi
- 8 Tsurikomi-goshi
- 9 Utsuri-goshi
- 10 Uchi-mata
- 11 O-goshi
- 12 Ko-tsuru-Goshi
- 13 O-guruma
- 14 Yama-arashi
- 15 Obi-goshi

Kata-waza

- 1 Ippon-seoi-nage
- 2 Seoi-nage
- 3 Kata-guruma
- 4 Seoi-otoshi
- 5 Hidari-kata-seoi
- 6 Seoi-age
- Te-waza**
- 1 Tai-otoshi
- 2 Uki-otoshi
- 3 Hiji-otoshi
- 4 Sukui-nage
- 5 Mochiage-otoshi
- 6 Sumi-otoshi
- 7 Obi-otoshi
- 8 Kata-ashi-dori
- 9 Ryo-ashi-dori

Sutemi-waza

- 1 Tomoe-nage
- 2 Yoko-tomoe
- 3 Maki-tomoe
- 4 Soto-makikomi
- 5 Yoko-gake
- 6 Tani-otoshi
- 7 Sumi-gaeshi
- 8 Uki-waza
- 9 Kani-basami *verboden
- 10 Yoko-otoshi
- 11 Hane-makikomi
- 12 Ura-nage
- 13 Yoko-guruma
- 14 Yoko-wakare
- 15 Tawara Gaeshi

Katame-waza

Osaekomi-waza

- 1 Kesa-gatame
- 2 Kuzure-kesa-gatame
- 3 Kata-gatame
- 4 Ushiro-kesa-gatame
- 5 Makura-kesa-gatame
- 6 Yoko-shiho-gatame
- 7 Kuzure-yoko-shiho-gatame
- 8 Kami-shiho-gatame
- 9 Kuzure-kami-shiho-gatame
- 10 Tate-shiho-gatame
- 11 Kuzure-tate-shiho-gatame
- 12 Uki-gatame
- 13 Ura-gatame
- 14 Sankaku-gatame

Shime-waza

- 1 Nami-juji-jime
- 2 Gyaku-juji-jime
- 3 Kata-juji-jime
- 4 Hadaka-jime
- 5 Okuri-eri-jime
- 6 Kataha-jime
- 7 Katate-jime
- 8 Ryote-jime
- 9 Sode-guruma-jime
- 10 Tsukkomi-jime
- 11 Sankaku-jime
- 12 Do-jime *verboden

Kansetsu-waza

- 1 Juji-gatame
- 2 Ude-garami
- 3 Ude-gatame
- 4 Hiza-gatame
- 5 Waki-gatame
- 6 Hara-gatame
- 7 Ashi-gatame
- 8 Te-gatame
- 9 Sankaku-gatame
- 10 Ashi Garami *verboden

Kanteltechnieken

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Nage-komi worpen 1 minuut

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| 3 | 15 |
| 7 | 18 |
| 11 | 20 |