


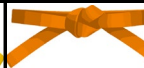
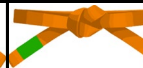



Waza	Omschrijving / Kata						
Suwari Waza	Hakko Dori	X	X	X	X	X	X
	Kao Ate	X	X	X	X	X	X
	Hiza Gatame	X	X	X	X	X	X
	Te Kagami	X	X	X	X	X	X
	Aiki Nage		X	X	X	X	X
	Ude Osae Dori			X	X	X	X
	Mune Osae Dori				X	X	X
	Uchikomi Dori					X	X
Hantachi Waza	Yoko Katate Osae Dori						X
	Kiza Morote Osae Dori						
Tachi Waza	Hakko Zeme Dori	X	X	X	X	X	X
	Tachi Ate	X	X	X	X	X	X
	Te Kagami	X	X	X	X	X	X
	Hiki Nage		X	X	X	X	X
	Ude Osae Dori			X	X	X	X
	Mune Osae Dori				X	X	X
	Uchi Komi Dori					X	X
	Kubi Shime Dori						
	Ushiro Zeme Otoshi						
Tambo Waza	Furi Age	X	X	X	X	X	X
	Furi Gyaku Kubi Jime	X	X	X	X	X	X
	Furi Hadaka Jime		X	X	X	X	X
	Yoko Gyakute Ude Hishigi		X	X	X	X	X
	Yoko Katate Kannuki Gatame			X	X	X	X
	Yokomen Uchi Te Kagami				X	X	X
	Ura Yokomen Uchi Konoha Gaeshi					X	X
	Ura Yokomen Uchi Mune Gatame						X
	Ude Osae Dori						
	Mune Osae Dori						
	Uchi Komi Dori						
	Shomen Uchi Tenchi Nage						
	Shomen Uchi Kata Gatame						
Algemene kennis	Japanse woorden*	X	X	X	X	X	X
	Rollen, zittend	X	X	X	X	X	X
	Rollen, staand	X	X	X	X	X	X
	Rollen, zittend +achterruit	X	X	X	X	X	X
	Rollen, staand +achterruit		X	X	X	X	X
	Rollen, staand + afslag		X	X	X	X	X
	Rollen, staand + afslag + achterruit			X	X	X	X
	Rollen, staand + hindernis				X	X	X
	9 Klemmen	2	4	6	8	X	X
	Vitale punten				X	X	X
	Henka's	5	15	20	25	35	40