Junioren

Junioren	Witte band - Oranje slip	Witte band - Blauwe slip	Witte band - Gele slip	Witte band - Groene slip	Witte band - Bruine slip	Witte band - Zwarte slip	10e Kyu (oranje band)	9e Kyu (oranje band met zwarte streep)	8e Kyu (blauwe band)	7e Kyu (blauwe band met zwarte streep)	6e Kyu (gele band)	5e Kyu (gele band met zwarte streep)
Tachikata (Standen)	Fudo Dachi	Yoi Dachi	Zenkutsu Dachi	Sanchin Dachi	Musubi Dachi	Heiko Dachi	Heisoku Dachi	Kokutsu Dachi	Kiba Dachi	Uchi Hachi Dachi	Kake Ashi Dachi	Moro Ashi Dachi
									Tsuru Achi Dachi	Neko Ashi Dachi		
									Kumite No Kamae	Shiko Dachi		
Tsuki (Stoten)	Seiken chudan tsuki	Seiken gedan tsuki	Seiken jodan tsuki	Siken morote tsuki (Jodan/Chudan/Gedan)	Seiken Oi Tsuki (Jodan/Chudan/Gedan)	Seiken Gyaku Tsuki (Jodan/Chudan/Gedan)	Seiken Ago Uchi	Seiken Shita Tsuki	Uraken Ganmen Uchi	Tetsui Komi Kami	Shuto Yoko Ganmen Uchi	Shotei Uchi (Jodan/Chudan/Gedan)
								Seiken Tate Tsuki (Jodan/Chudan/Gedan)	Uraken Sayu Ganmen Uchi	Tetsui Oroshi Ganmen Uchi	Shuto Sakotsu Uchi	Age Hiji Ate (Jodan/Chudan)
								Seiken Kagi Tsuki	Uraken Mawashi Uchi	Tetsui Yoko Uchi Mae (Jodan/Chudan/Gedan)	Shuto Hizo Uchi	Oroshi Hiji Ate
								Hiji Ate (Jodan/Chudan)	Uraken Oroshi Ganmen Uchi	Tetsui Yoko Uchi (Jodan/Chudan/Gedan)	Shuto Sakotsu Uchi Komi	Jun Tsuki (Jodan/Chudan/Gedan)
									Uraken Hizo Uchi		Ushiro Hiji Ate	
											Nihon Nukite	
											Yonhon Nukite (Jodan/Chudan)	
Uke (Blokken)	Seiken jodan uke	Seiken gedan barai	Shuto jodan uke	Shuto gedan barai	Seiken chudan soto uke	Shuto chudan soto uke	Seiken chudan uchi uke	Shuto chudan uchi uke	(Seiken/Shuto) Uchi Uke/Gedan Barai	Shuto Mawashi Uke	Enkei Gyaku Tsuki	(Seiken/Shuto) Juji Uke (Jodan/Gedan)
									Morote Chudan Uchi Uke	Mae Shuto Mawashi Uke	Mawashi Gedan Barai	Shote Uke (Jodan/Chudan/Gedan)
											Juji Gedan Barai	
											Hiji Uke	
											Jodan Shuto Uchi Uke	
Keri (Trappen)	Kin Geri	Mae keage	Mae geri chudan	Mae geri jodan	Uchi Mawashi Keage	Soto Mawashi Keage	Hiza Geri	Yoko Keage	Kansetsu Geri	Jodan Uchi Heisoku Geri	Ushiro Geri, 3 manieren (Jodan/Chudan/Gedan)	Oroshi Uchi Kakato Geri
									Yoko Geri (Jodan/Chudan)	Ago Jodan Geri	Ushiro Mawashi Geri (Jodan/Chudan/Gedan)	Oroshi Soto Kakato Geri
									Mawashi Geri (Jodan/Chudan/Gedan)			
Ido Geiko (In beweging)	-	Combinatie Chudan-Gedan Tsuki	Combinatie Chudan-Jodan-Gedan Tsuki	Zenkutsu Dachi - Seiken Chudan Tsuki	Zenkutsu dachi - Seiken Chudan Tsuki – Mawatte – Gedan Barai	Zenkutsu dachi - Seiken Chudan Tsuki – Mae Keage - Jodan Uke – Mawatte – Gedan Barai	Zenkutsu Dachi	Kokutsu Dachi	Kiba Dachi	Neko Ashi Dachi	Kake Ashi Dachi	Moro Ashi Dachi
							Sanchin Dachi					
Kata	-				1e kihon kata	Taikyoku Sono Ichi	Taikyoku Sono Ni	Taikyoku Sono San	Sokugi Taikyoku Sono Ichi	Pinan Sono Ichi	Pinan Sono Ni	Pinan Sono Yon
									Sokugi Taikyoku Sono Ni	Sanchin No Kata	Pinan Sono San	
									Sokugi Taikyoku Sono San			
Renraku (Combinaties)	-						-	-	Mae Geri, Seiken Gyaku Tsuki Chudan	-	-	-
									Seiken Chudan Soto Uke, Mae Gedan Barai, Seiken Gyaku Tsuki Chudan			
Stamina	30 sec/10/10	15/15	5	1 minuut	5	1,5 minuut	15/40/15	20/45/20	30/50/30	35/55/35	40/60/40	45/65/45
	Planken/Sit-ups/Squats	Sit-ups/Squats	Pushups	planken	shuto pushups	planken	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats
									Tobi Geri	Tobi Geri + 10 cm	Tobi Geri + 15 cm	Tobi Geri + 15 cm
Kumite	Jiyu: 4x 30sec	Jiyu: 5x 30sec	Jiyu: 6x 30sec	Jiyu: 7x 30sec	Jiyu: 8x 30sec	Jiyu: 9x 30sec	Ippon Kumite	Yakusoku Kumite	Jiyu Kumite 2x60 sec.	Jiyu Kumite 3x60 sec.	Jiyu Kumite 4x60 sec.	Jiyu Kumite 5x60 sec.
								Sambon Kumite				
KoKyu Ho	-						Nogare (Omote/Ura)	-	-	Ibuki Sankai	-	-
							Kiai					
Diploma's	-						-	-	-	-	-	-
Diversen	Basiskennis: Isshokenmei dojo Kyokushinkai, Obi knopen	Basiskennis Mas Oyama Osu 1-10 tellen Japans	Basiskennis Dojo Etiquette Seiza	Kiai				-	-	-	-	-

Junioren	4e Kyu (groene band)	3e Kyu (groene band met zwarte streep)	2e Kyu (bruine band)	1e Kyu (bruine band met zwarte streep)	1e Dan	2e Dan	3e Dan	4e Dan
Tachikata (Standen)					-	-	-	-
Tsuki (Stoten)	Koken Uchi (Jodan/Chudan/Gedan)	Hira Ken Tsuki (Jodan/Chudan)	Ryuto Ken Tsuki (Jodan/Chudan)	Keiki Uchi	Toho Uchi	-	-	-
	Mae Hiji Ate (Jodan/Chudan)	Hira Ken Oroshi Uchi	Nakayubi Ippon Ken (Jodan/Chudan)	Haito Uchi (Jodan/Chudan/Gedan)	Age Jodan Tsuki			
	Haishu Uchi (Jodan/Chudan)	Hira Ken Mawashi Uchi	Oyayu Ippon Ken (Jodan/Chudan)	Morote Haito Uchi (Jodan/Chudan)				
			Hitosashi Yubi Ippon Ken (Jodan/Chudan)					
			Yama Tsuki					
Uke (Blokken)	Koken Uke (Jodan/Chudan/Gedan)	Gedan Shuto Morote Uke	Kake Uke (Jodan/Chudan)	Chudan Haito Uchi Uke	Morote Haito Uchi Uke	-	-	-
		Gedan Shotei Morote Uke	Morote Kake Uke	Osae Uke				
Keri (Trappen)	Kake Geri (Jodan/Chudan/Gedan)	Mae Kakato Geri (Jodan/Chudan/Gedan)	Tobi Mae Geri	Yoko Tobi Geri	-	-	-	-
		Age Kakato Ushiro Geri	Tobi Nidan Geri	Mawashi Tobi Geri				
				Ushiro Tobi Geri				
				Ushiro Mawashi Tobi Geri				
Ido Geiko (In beweging)	Ura Ido Geiko		Kumite No Kamae: Okuri Ashi, Fumi Ashi, Kosa Ashi, Oi Ashi		-	-	-	-
Kata	Pinan Sono Go	Tsuki No Kata	Geki Sai Dai	Geki Sai Sho	Saifa	Seipai	Kanku	Sushi Ho
	Taikyoku Sono Ichi Ura		Tensho	Yantsu	Pinan Sono Ichi Ura	Seienchin	Garyu	
	Taikyoku Sono Ni Ura				Pinan Sono Ni Ura		Maak een eigen kata	
	Taikyoku Sono San Ura				Pinan Sono San Ura			
					Pinan Sono Yon Ura			
					Pinan Sono Go Ura			
Renraku (Combinaties)	Mae Geri, Yoko Geri, Ushiro Geri, Seiken Gyaku Tsuki Chudan	-	Gedan Barai, Seiken Ago Uchi, Seiken Gyaku Tsuki, Mae Geri, Mawashi Geri, Ushiro Geri, Gedan Barai, Seiken Gyaku Tsuki	Seiken Oi Tsuki, Seiken Gyaku Tsuki, Seiken Oi Tsuki, Seiken Shita Tsuki	Mawashi Geri, Ushiro Mawashi Geri, Jodan Mae Geri, Mawashi Geri, Ushiro Mawashi Geri	-	-	-
				Mawashi Geri, Seiken Oi Tsuki, Seiken Gyaku Tsuki, Mawashi Geri				
Stamina	50/70/50	55/75/55	60/80/60	65/100/65	75/150/75	75/150/75	75/150/75	75/150/75
	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats
	Tobi Geri + 20 cm	Tobi Geri + 20 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm
Kumite	Jiyu Kumite 6x60 sec.	Jiyu Kumite 10x60 sec.	Jiyu Kumite 12x60 sec.	Jiyu Kumite 15x60 sec.	Jiyu Kumite 20x60 sec.	Jiyu Kumite 30x60 sec.	Jiyu Kumite 40x60 sec.	Jiyu Kumite 50x60 sec.
KoKyu Ho	-	-	-	-	-	-	-	-
Diploma's	-	-	-	-	-	Nationaal Judge/Referee	International Judge	International Referee
Diversen	-	-	-	-	-	Nationaal Judge/Referee	International Judge	International Referee

Senioren

Senioren	10e Kyu (oranje band)	9e Kyu (oranje band met zwarte streep)	8e Kyu (blauwe band)	7e Kyu (blauwe band met zwarte streep)	6e Kyu (gele band)	5e Kyu (gele band met zwarte streep)	4e Kyu (groene band)	3e Kyu (groene band met zwarte streep)	2e Kyu (bruine band)	1e Kyu (bruine band met zwarte streep)	1e Dan	2e Dan	3e Dan	4e Dan
Tachikata (Standen)	Yoi	Musubi Dachi	Kiba Dachi	Uchi Hachi Dachi	Kake Ashi Dachi	Moro Ashi Dachi					-	-	-	-
	Fudo Dachi	Heiko Dachi	Tsuru Achi Dachi	Neko Ashi Dachi										
	Sanchin Dachi	Heisoku Dachi	Kumite No Kamae	Shiko Dachi										
	Zenkutsu dachi	Kokutsu Dachi												
Tsuki (Stoten)	Seiken Oi Tsuki (Jodan/Chudan/Gedan)	Seiken Shita Tsuki	Uraken Ganmen Uchi	Tetsui Komi Kami	Shuto Yoko Ganmen Uchi	Shotei Uchi (Jodan/Chudan/Gedan)	Koken Uchi (Jodan/Chudan/Gedan)	Hira Ken Tsuki (Jodan/Chudan)	Ryuto Ken Tsuki (Jodan/Chudan)	Keiki Uchi	Toho Uchi	-	-	-
	Seiken Gyaku Tsuki (Jodan/Chudan/Gedan)	Seiken Tate Tsuki (Jodan/Chudan/Gedan)	Uraken Sayu Ganmen Uchi	Tetsui Oroshi Ganmen Uchi	Shuto Sakotsu Uchi	Age Hiji Ate (Jodan/Chudan)	Mae Hiji Ate (Jodan/Chudan)	Hira Ken Oroshi Uchi	Nakayubi Ippon Ken (Jodan/Chudan)	Haito Uchi (Jodan/Chudan/Gedan)	Age Jodan Tsuki			
	Seiken Morote Tsuki (Jodan/Chudan/Gedan)	Seiken Kagi Tsuki	Uraken Mawashi Uchi	Tetsui Yoko Uchi Mae (Jodan/Chudan/Gedan)	Shuto Hizo Uchi	Oroshi Hiji Ate	Haishu Uchi (Jodan/Chudan)	Hira Ken Mawashi Uchi	Oyayu Ippon Ken (Jodan/Chudan)	Morote Haito Uchi (Jodan/Chudan)				
	Seiken Ago Uchi	Hiji Ate (Jodan/Chudan)	Uraken Oroshi Ganmen Uchi	Tetsui Yoko Uchi (Jodan/Chudan/Gedan)	Shuto Sakotsu Uchi Komi	Jun Tsuki (Jodan/Chudan/Gedan)			Hitosashi Yubi Ippon Ken (Jodan/Chudan)					
			Uraken Hizo Uchi		Ushiro Hiji Ate				Yama Tsuki					
					Nihon Nukite									
					Yonhon Nukite (Jodan/Chudan)									
Uke (Blokken)	(Seiken/Shuto) Jodan Uke	(Seiken/Shuto) Chudan Soto Uke	(Seiken/Shuto) Uchi Uke/Gedan Barai	Shuto Mawashi Uke	Enkei Gyaku Tsuki	(Seiken/Shuto) Juji Uke (Jodan/Gedan)	Koken Uke (Jodan/Chudan/Gedan)	Gedan Shuto Morote Uke	Kake Uke (Jodan/Chudan)	Chudan Haito Uchi Uke	Morote Haito Uchi Uke	-	-	-
	(Seiken/Shuto) Mae Gedan Barai	(Seiken/Shuto) Chudan Uchi Uke	Morote Chudan Uchi Uke	Mae Shuto Mawashi Uke	Mawashi Gedan Barai	Shote Uke (Jodan/Chudan/Gedan)		Gedan Shotei Morote Uke	Morote Kake Uke	Osae Uke				
					Juji Gedan Barai									
					Hiji Uke									
					Jodan Shuto Uchi Uke									
Keri (Trappen)	Hiza Geri	Mae Keage	Kansetsu Geri	Jodan Uchi Heisoku Geri	Ushiro Geri, 3 manieren (Jodan/Chudan/Gedan)	Oroshi Uchi Kakato Geri	Kake Geri (Jodan/Chudan/Gedan)	Mae Kakato Geri (Jodan/Chudan/Gedan)	Tobi Mae Geri	Yoko Tobi Geri	-	-	-	-
	Kin Geri	Yoko Keage	Yoko Geri (Jodan/Chudan)	Ago Jodan Geri	Ushiro Mawashi Geri (Jodan/Chudan/Gedan)	Oroshi Soto Kakato Geri		Age Kakato Ushiro Geri	Tobi Nidan Geri	Mawashi Tobi Geri				
	Mae Geri (Jodan/Chudan)	Uchi Mawashi Keage	Mawashi Geri (Jodan/Chudan/Gedan)							Ushiro Tobi Geri				
		Soto Mawashi Keage								Ushiro Mawashi Tobi Geri				
Ido Geiko (In beweging)	Zenkutsu Dachi	Kokutsu Dachi	Kiba Dachi	Neko Ashi Dachi	Kake Ashi Dachi	Moro Ashi Dachi	Ura Ido Geiko		Kumite No Kamae: Okuri Ashi, Fumi Ashi, Kosa Ashi, Oi Ashi		-	-	-	-
	Sanchin Dachi													
Kata	Taikyoku Sono Ichi	Taikyoku Sono San	Sokugi Taikyoku Sono Ichi	Pinan Sono Ichi	Pinan Sono Ni	Pinan Sono Yon	Pinan Sono Go	Tsuki No Kata	Geki Sai Dai	Geki Sai Sho	Saifa	Seipai	Kanku	Sushi Ho
	Taikyoku Sono Ni		Sokugi Taikyoku Sono Ni	Sanchin No Kata	Pinan Sono San		Taikyoku Sono Ichi Ura		Tensho	Yantsu	Pinan Sono Ichi Ura	Seienchin	Garyu	
			Sokugi Taikyoku Sono San				Taikyoku Sono Ni Ura				Pinan Sono Ni Ura		Maak een eigen kata	
							Taikyoku Sono San Ura				Pinan Sono San Ura			
											Pinan Sono Yon Ura			
											Pinan Sono Go Ura			
Renraku (Combinaties)		-	Mae Geri, Seiken Gyaku Tsuki Chudan	-	-	-	Mae Geri, Yoko Geri, Ushiro Geri, Seiken Gyaku Tsuki Chudan	-	Gedan Barai, Seiken Ago Uchi, Seiken Gyaku Tsuki, Mae Geri, Mawashi Geri, Ushiro Geri, Gedan Barai, Seiken Gyaku Tsuki	Seiken Oi Tsuki, Seiken Gyaku Tsuki, Seiken Oi Tsuki, Seiken Shita Tsuki	Mawashi Geri, Ushiro Mawashi Geri, Jodan Mae Geri, Mawashi Geri, Ushiro Mawashi Geri	-	-	-
			Seiken Chudan Soto Uke, Mae Gedan Barai, Seiken Gyaku Tsuki Chudan							Mawashi Geri, Seiken Oi Tsuki, Seiken Gyaku Tsuki, Mawashi Geri				
Stamina	15/40/15	20/45/20	30/50/30	35/55/35	40/60/40	45/65/45	50/70/50	55/75/55	60/80/60	65/100/65	75/150/75	75/150/75	75/150/75	75/150/75
	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats	Push-ups/Sit-ups/Squats
			Tobi Geri	Tobi Geri + 10 cm	Tobi Geri + 15 cm	Tobi Geri + 15 cm	Tobi Geri + 20 cm	Tobi Geri + 20 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm	Tobi Geri + 30 cm
Kumite	Ippon Kumite	Yakusoku Kumite	Jiyu Kumite 2x60 sec.	Jiyu Kumite 3x60 sec.	Jiyu Kumite 4x60 sec.	Jiyu Kumite 5x60 sec.	Jiyu Kumite 6x60 sec.	Jiyu Kumite 10x60 sec.	Jiyu Kumite 12x60 sec.	Jiyu Kumite 15x60 sec.	Jiyu Kumite 20x60 sec.	Jiyu Kumite 30x60 sec.	Jiyu Kumite 40x60 sec.	Jiyu Kumite 50x60 sec.
		Sambon Kumite												
KoKyu Ho	Nogare (Omote/Ura)	-	-	Ibuki Sankai	-	-	-	-	-	-	-	-	-	-
	Kiai													
Diploma's	-	-	-	-	-	-	-	-	-	-	-	Nationaal Judge/Referee	International Judge	International Referee