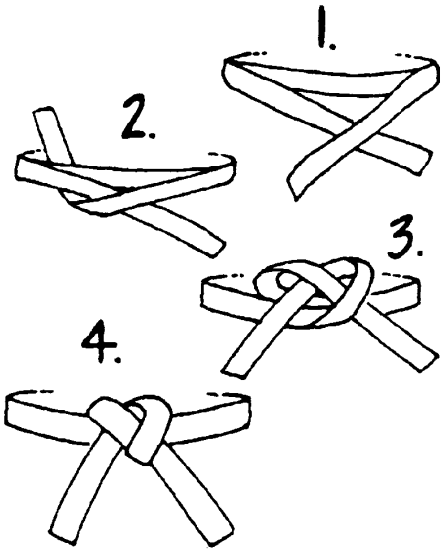


OEFENPROGRAMMA

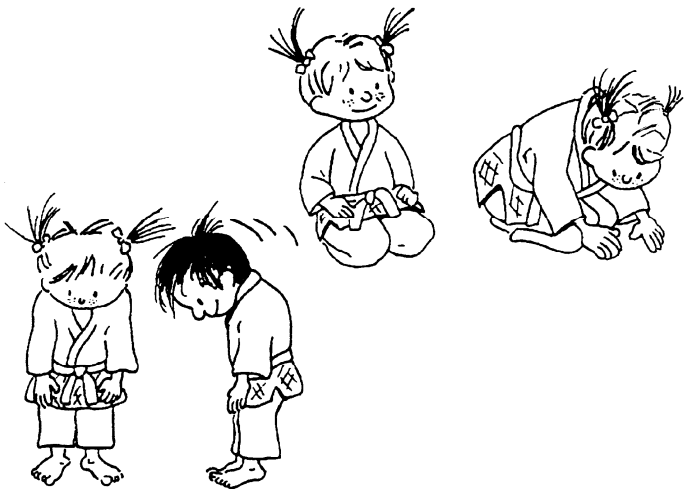
5° KYU WIT- GEEL GEEL



Obi (gordel)

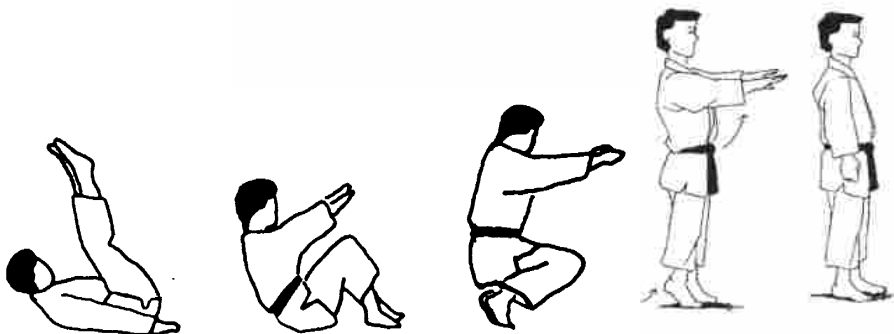


Rei (groeten)



Ukemi's (valtechnieken)

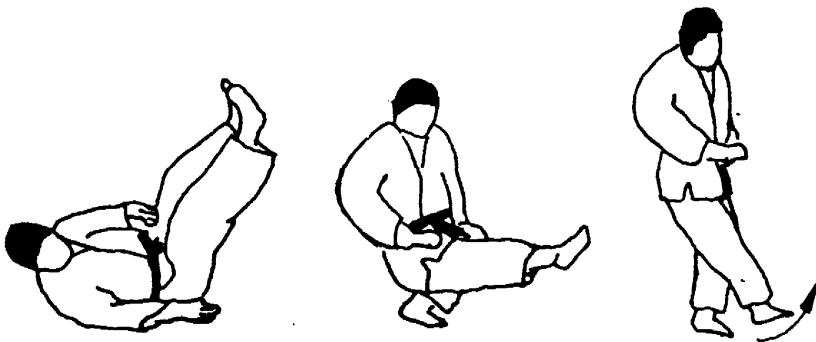
Ushiro Ukemi (achterwaartse val)



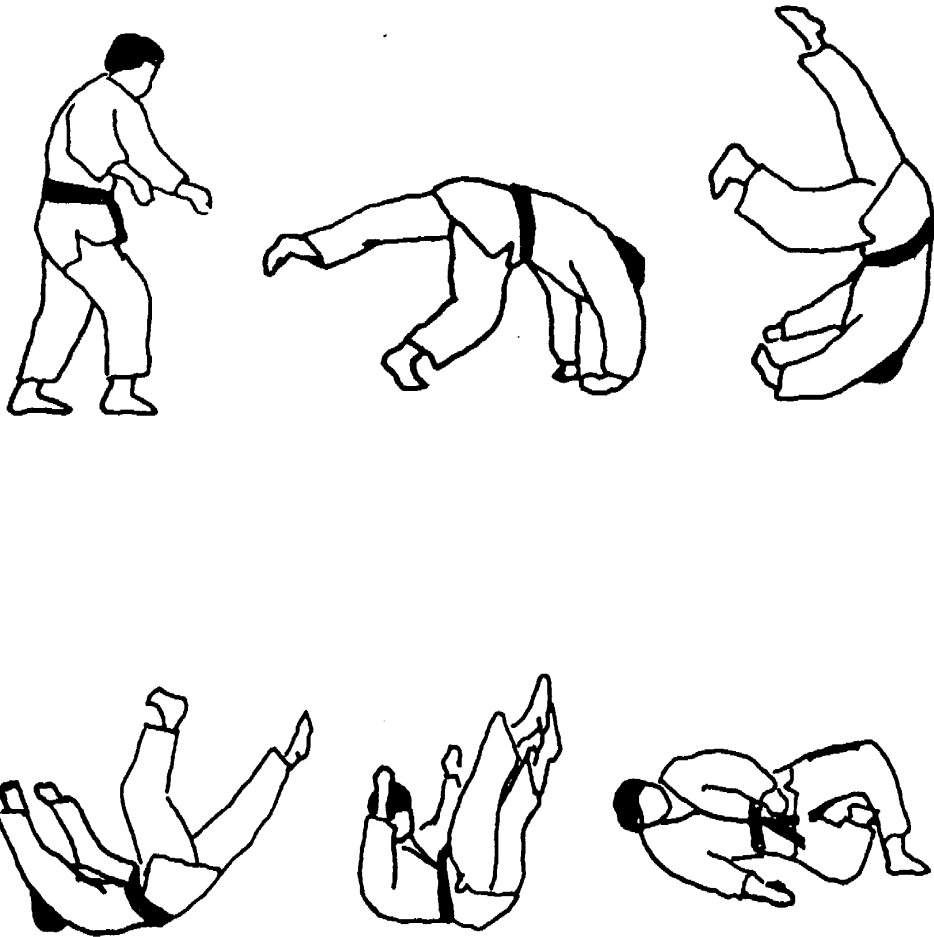
Yoko Ukemi (zijwaartse val)



links en rechts = hidari en migi



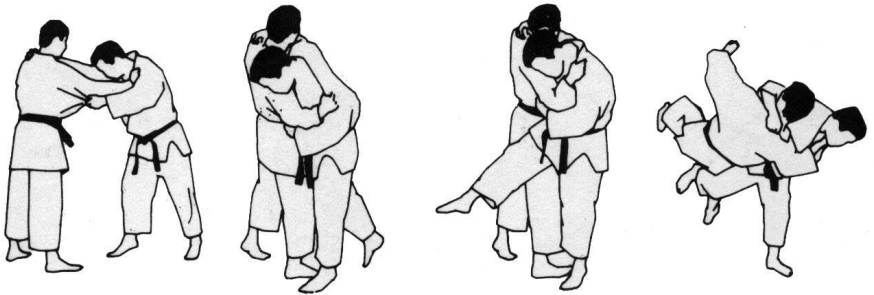
Zempo Kaiten (schouderrol)



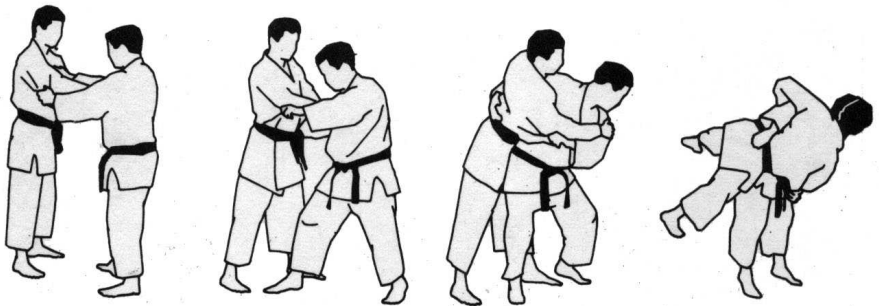
Nage Waza (werptechniek)

Tachi Waza (rechtstaande houding)

O-SOTO-GARI (grote buitenwaartse beenveeg)



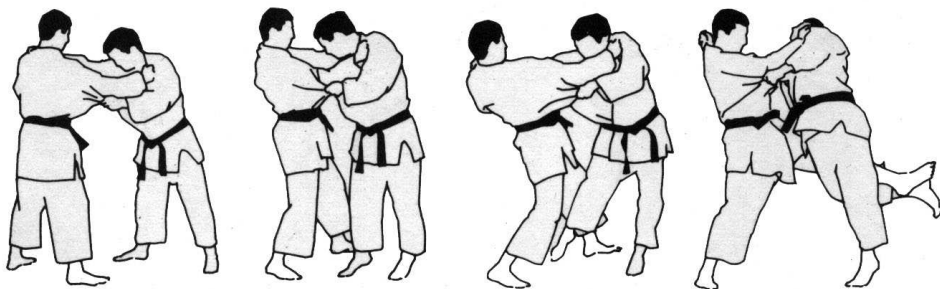
UKE GOSHI (zwevende heupworp)



KOCHI GURUMA (heupwiel)



O-UCHI-GARI (grote binnenwaartse beenveeg)



Katame Waza **(controletechniek)**

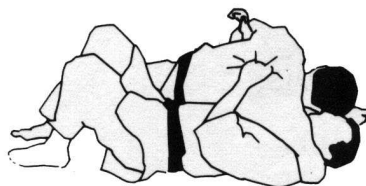
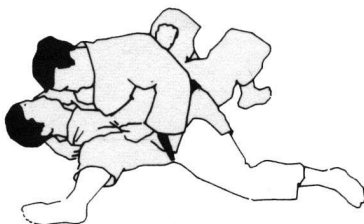
Ne Waza (grondwerk)

GESA GATAME (flank houden) 



Voor

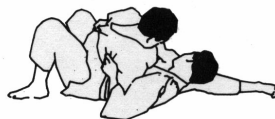
Achter



KUZURE GESA GATAME (flank houden) 

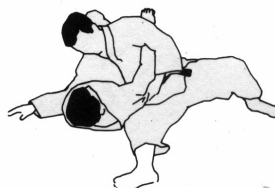
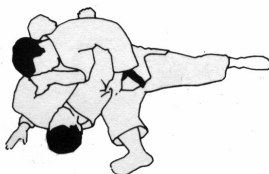
Voor

Achter



B

C



Japanse terminologie



Dojo = oefenzaal

Tatami = judomat

Judogi = kledij (kimono)

Sensai = lesgever

Kumi Kate = manier van vastnemen

Hajime = begin

Mate = stop

Tori = aanvaller

Uke = hij die ondergaat

Migi = rechts

Hidari = links

Ritzu-Rei = groet rechtstaand

Za-Rei = zittende groet

Shizen-Tai = natuurlijke basishouding

Jigo-Tai = verdedigingshouding