

EXAMENEISEN



10TH KYU

Kyokushin 10th Kyu demands

Min age ? years

KIHON

Standen (Dachi)

- Fudo Dachi, Yoi Dachi, Heiko Dachi, Zenkutsu Dachi

Weringen (Uke)

- Seiken Yodan Uke
- Seiken Gedan Barai

Stoten (Tsuki)

- Seiken Morote Tsuki Jodan Chudan Gedan
- Seiken Oi Tsuki Jodan Chudan Gedan

Trappen (Geri)

- Hiza Geri, Gin Geri

KATA

- Kata Taikyoku Sono Ichi

CONDITIE & KUMITE

- Endurance test
- Kumite 5 Rounds (1min)

EXAMENEISEN



9TH KYU

Kyokushin 9th Kyu demands

Min age ? years

All techniques 10th Kyu

KIHON

Standen (Dachi)

- Sanchin Dachi

Weringen (Uke)

- Seiken Soto Uke
- Seiken Uchi Uke

Trappen (Geri)

- Mae Geri

Overige technieken

- Seiken Ago Uchi

KATA

- Kata Fudo Dachi Kake Wake Uke
- Kata Zenkutsu Dachi Gedan Barai
- Kata Soto Uke - Chudan Tsuki Ippon Kumite
- Kata Taikyoku Sono Ni
- Kata Taikyoku Sono San

CONDITIE & KUMITE

- Endurance test
- Kumite 5 Rounds (1.5min)

EXAMENEISEN



ORANJE BAND TWEE STREPEN

Oranje band twee strepen

KIHON

Dachi (Standen)

- Fudo Dachi (10e kyu)
- Heiko Dachi (10e kyu)
- Yoi Dachi (10e kyu)
- Zenkutsu Dachi (10e kyu)
- Sanchin Dachi (9e kyu)

Tsuki (Stoten)

- Seiken Chudan Tsuki (10e kyu)
- Seiken Jodan Tsuki (10e kyu)
- Seiken Gedan Tsuki (10e kyu)
- Alle Bovenstaande stoten Morote en weten wat Oi Tsuki is (10e kyu)
- Seiken Ago Uchi (9e kyu)
- Sanbon Kumite (8e kyu)

Uke (Weringen)

- (Seiken) Uchi Uke (9e kyu)
- (Seiken) Uchi Uke (9e kyu)
- (Seiken) Jodan Uke (10e kyu)
- (Seiken) Gedan Barai (10e kyu)

Geri (Trappen)

- Hiza Geri (10e kyu)
- Mea Geri (9e kyu)
- Gin Geri (10e kyu)
- Mawashi Geri Jodan (8e kyu)
- Mea Keage

KATA

- Taikyoku Sono Ichi (10e kyu)
- Taikyoku Sono Ni (9e kyu)
- Taikyoku Sono San (9e kyu)
- Zenkutsu Dachi Gedan Barai, (10e kyu)
- Zenkutsu Dachi Gedan Barai, Soto Uke, Uchi Uke (10e kyu)

KUMITE (SPARREN)

- 5 Rondes 1.5 Minuut

EXAMENEISEN



8TH KYU

Kyokushin 8th Kyu demands

Min age ? years

All techniques 9th Kyu

KIHON

Standen (Dachi)

- Heisoku Dachi, Musubi Dachi

Stoten (Tsuki)

- Gedan Chudan Jodan Tsuki

Trappen (Geri)

- Mawashi Geri Gedan Chudan Jodan

Overige technieken

- Uraken Shomen Uchi
- Shuto Sakotsu Uchi
- Shuto Uchi Komi

KATA

- Kata Sokugi Taikyoku Sono Ichi

CONDITIE & KUMITE

- Endurance test
- Kumite 10 Rounds (1min)

EXAMENEISEN



7TH KYU

Kyokushin 7th Kyu demands

Min age ? years

All techniques 8th Kyu

KIHON

Standen (Dachi)

- Kokutsu Dachi, Kiba Dachi

Trappen (Geri)

- Yoko Keage

Overige technieken

- Shuto Ganmen Uchi
- Tettsui

KATA

- Kata Sokugi Taikyoku Sono Ni
- Kata Sokugi Taikyoku Sono San

CONDITIE & KUMITE

- Endurance test
- Kumite 10 Rounds (1.5min)

EXAMENEISEN



BLAUW TWEE STREPEN

Blauw twee strepen

Alleen geldig voor kandidaten jonger dan 13 jaar.
Vanaf 13 jaar ga je direct door naar 6e kyu.

KIHON

Standen

- Heisoku Dachi (8ste kyu)
- Musubi Dachi (8ste kyu)
- Kukutsu Dachi (9e kyu)
- Kiba Dachi (9e kyu)
- Uchi Hachi Ji Dachi
- Kumite Dachi

Tsuki (Stoten)

- Sanbon Kumite (8ste kyu)
- Shuto Sakotsu Uchi (8ste kyu)
- Shuto Sakotsu Uchi Komi
- Shuto Ganmen Uchi (9e kyu)
- Shuto Uchi Uchi
- Tettsui (8ste Kyu)
- Uraken Shomen Uchi (8ste kyu)

Geri (Trappen)

- Yoko Keage (9e kyu)
- Soto keage
- Uchi keage
- Sanbon Kumite Mawashi Geri (8ste kyu)

KATA

- Sokugi Taikyoko Sono Ichi
- Sokugi Taikyoko Sono Ni
- Sokugi Taikyoko Sono San

KUMITE (SPARREN)

- 10 rondes 1.5 minuut

EXAMENEISEN



6TH KYU

Kyokushin 6th Kyu demands

Min age ? years

All techniques 7th Kyu

KIHON

Standen (Dachi)

- Neko Ashi Dachi, Tsuru Ashi Dachi

Weringen (Uke)

- Shuto Mawashi Uke

Stoten (Tsuki)

- Seiken Tate Tsuki

Overige technieken

- Uraken Sayu Uchi
- Uraken Hizo Uchi
- Tettsui Kome Kami Uchi
- Jodan Shotei Uchi
- Chudan Shotei Uchi

KATA

- Kata Pinan Sono Ichi

CONDITIE & KUMITE

- Endurance test
- Kumite 12 Rounds (1.5min)

EXAMENEISEN



5TH KYU

Kyokushin 5th Kyu demands

Min age ? years

All techniques 6th Kyu

KIHON

Standen (Dachi)

- Kake Dachi, Shiko Dachi

Weringen (Uke)

- Mae Mawashi Uke

Trappen (Geri)

- Yoko Geri Chudan Jodan

Overige technieken

- Shuto Hizo Uchi
- Hiji Jodan Ate, Hiji Chudan Ate
- Uraken Shita Uchi

KATA

- Kata Pinan Sono Ni
- Kata Sanchin Ibuki

CONDITIE & KUMITE

- Endurance test
- Kumite 13 Rounds (1.5min)

EXAMENEISEN



4TH KYU

Kyokushin 4th Kyu demands

Min age ? years

All techniques 5th Kyu

KIHON

Standen (Dachi)

- Moro Ashi Dachi

Weringen (Uke)

- Seiken Uchi Uke / Gedan Barai
- Jodan Juji Uke / Gedan Juji Uke
- Koken Chudan Uchi Uke

Trappen (Geri)

- Ushiro Geri

Overige technieken

- Seiken Mawashi Uchi
- Hiji Ago Uchi
- Hiji Oroshi Uchi

KATA

- Pinan Sono San

CONDITIE & KUMITE

- Endurance test
- Kumite 15 Rounds (1.5min)

EXAMENEISEN



3RD KYU

Kyokushin 3rd Kyu demands

Min age ? years

All techniques 4th Kyu

KIHON

Weringen (Uke)

- Shuto Chudan Soto Uke
- Shuto Chudan Uchi Uke
- Shotei Jodan Gedan Uke
- Shotei Chudan Soto Uke

Trappen (Geri)

- Mawashi Kubi Geri
- Uchi Mawashi Geri
- Soto Mawashi Geri
- Mae Tobi Geri

Overige technieken

- Hiraken
- Haito Uchi

KATA

- Pinan Sono Yon
- Pinan Sono Go

CONDITIE & KUMITE

- Endurance test
- Kumite 15 Rounds (2min)

EXAMENEISEN



2ND KYU

Kyokushin 2nd Kyu demands

Min age ? years

All techniques 3rd Kyu

KIHON

Stoten (Tsuki)

- Atama Tsuki's Mae / Yoko / Ushiro
- Seiken Morote Tsuki

Trappen (Geri)

- Yoko Tobi Geri

Overige technieken

- Nukite's

KATA

- Sanchin Kata
- Taikyoku Kata Ichi / Ni / San Ura

CONDITIE & KUMITE

- Endurance test
- Kumite 20 Rounds (1.5min)

KYOKUSHIN KARATE

EXAMENEISEN



1ST KYU

Kyokushin 1st Kyu demands

Min age ? years

All techniques 2nd Kyu

COMPLETE KIHON

KATA

- ☐ Kata Tsuki No
- ☐ Kata Yantsu

CONDITIE & KUMITE

- Endurance test
- Kumite 20 Rounds (2min)

KYOKUSHIN KARATE

EXAMENEISEN



SHODAN

Kyokushin Shodan demands

Min age 20 years (training 10 years)

All techniques 1st Kyu

COMPLETE KIHON

KATA

- Kata Gekisai Dai
- Kata Gekisai Sho
- Kata Saifa

CONDITIE & KUMITE

- Endurance test
- Kumite 30 Rounds (2min)

KYOKUSHIN KARATE

EXAMENEISEN



NIDAN

Kyokushin Nidan demands

Min age 25 years

All techniques Shodan

COMPLETE KIHON

KATA

- Kata Tensho
- Kata Seienchin
- Kata Garyu

CONDITIE & KUMITE

- Endurance test
- Kumite 40 Rounds (2min)