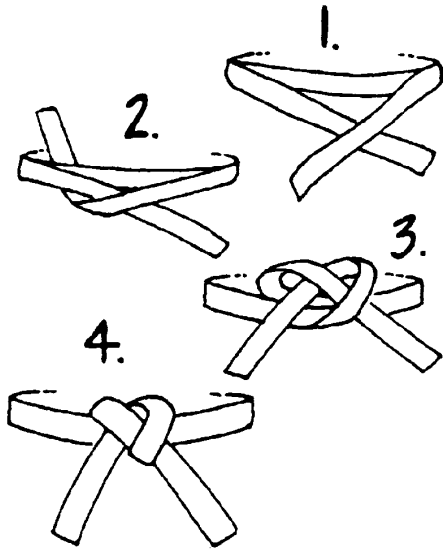


OEFENPROGRAMMA

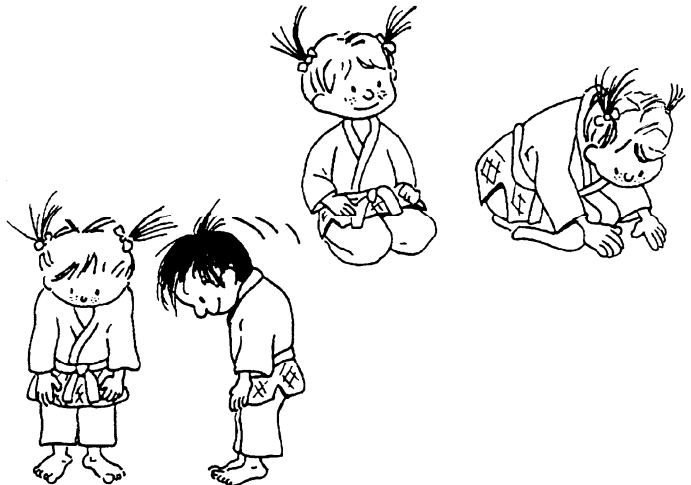
5° KYU WIT- GEEL GEEL



Obi (gordel)  

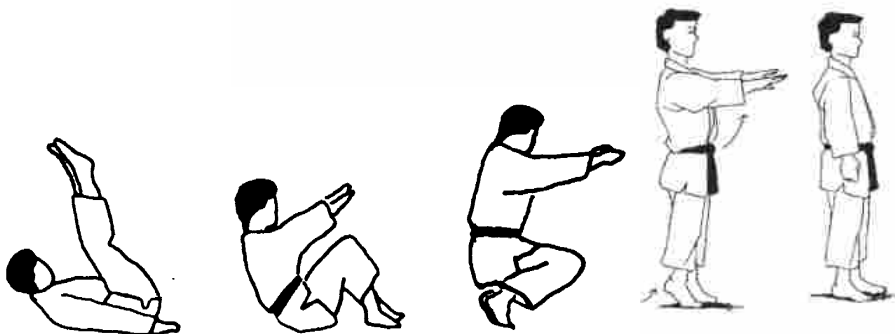


Rei (groeten)  



Ukemi's (valtechnieken)

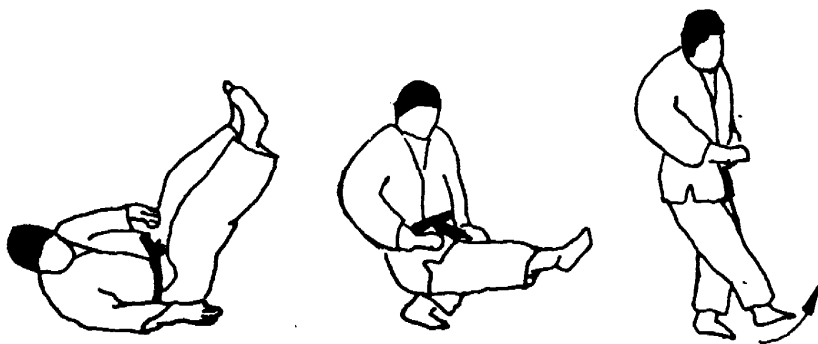
Ushiro Ukemi (achterwaartse val)



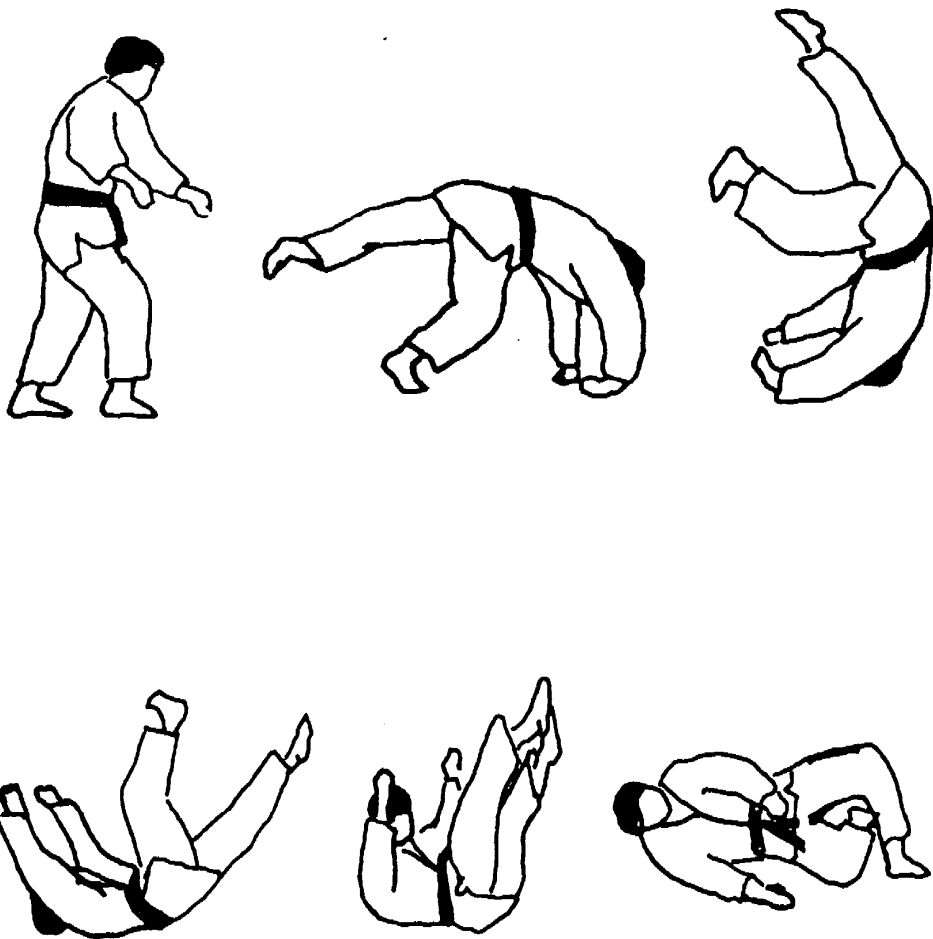
Yoko Ukemi (zijwaartse val)



links en rechts = hidari en migi



Zempo Kaiten (schouderrol)

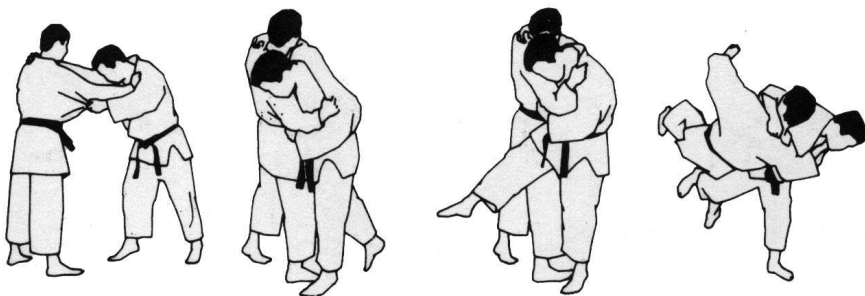


Nage Waza (werptechniek)

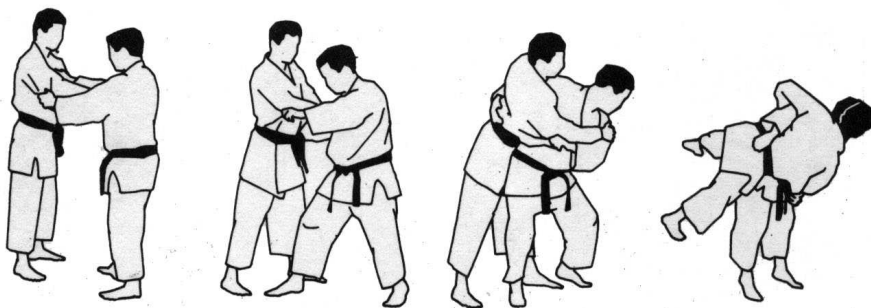
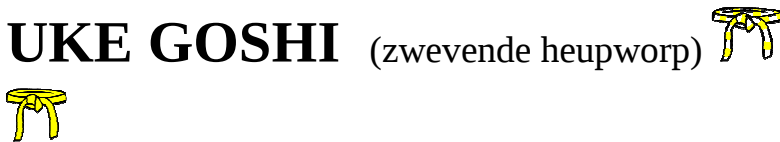
Tachi Waza (rechtstaande houding)

O-SOTO-GARI (grote buitenwaartse

beenveeg)  



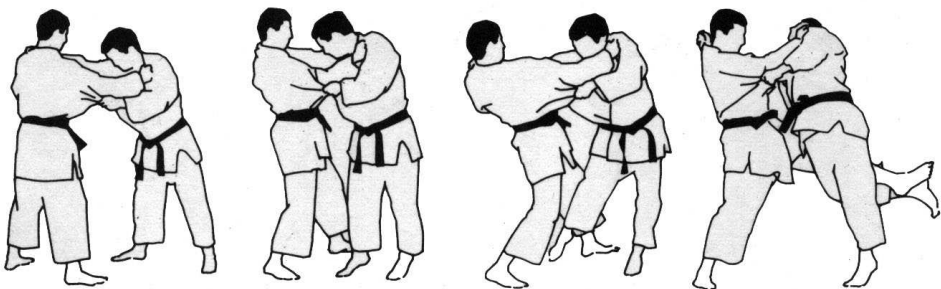
UKE GOSHI (zwevende heupworp)



KOCHI GURUMA (heupwiel) 🧡



O-UCHI-GARI (grote binnenwaartse beenveeg) 🧡



Katame Waza **(controletechniek)**

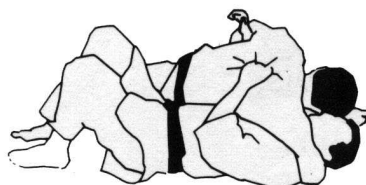
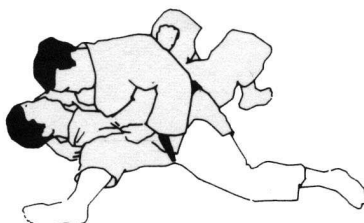
Ne Waza (grondwerk)

GESA GATAME (flank houden) 



Voor

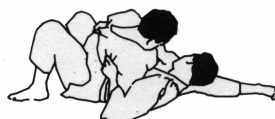
Achter



KUZURE GESA GATAME (flank
houden) 

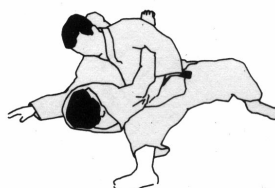
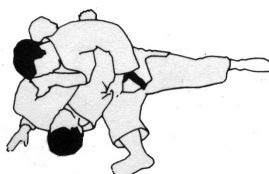
Voor

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

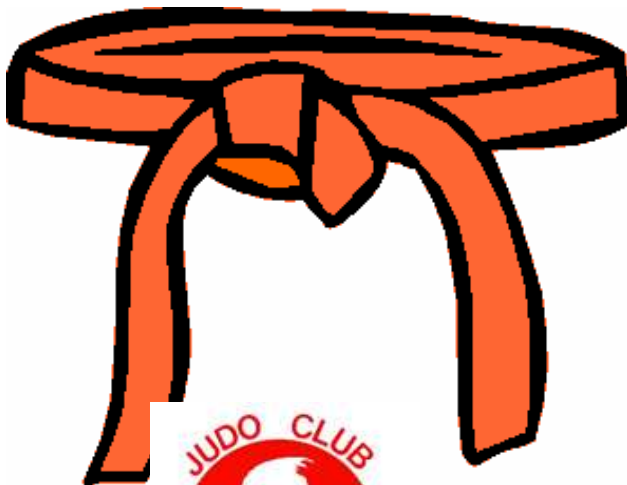
Za-Rei = zittende groet

Shizen-Tai = natuurlijke basishouding

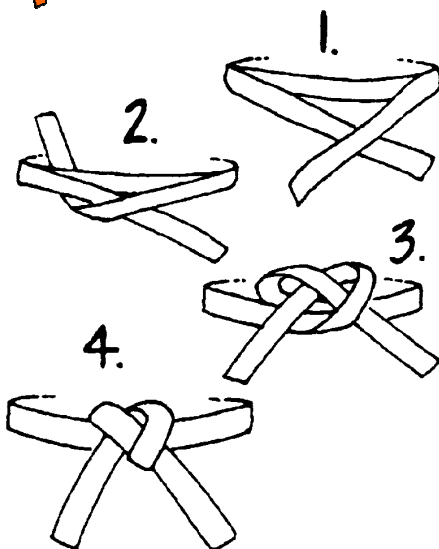
Jigo-Tai = verdedigingshouding

OEFENPROGRAMMA

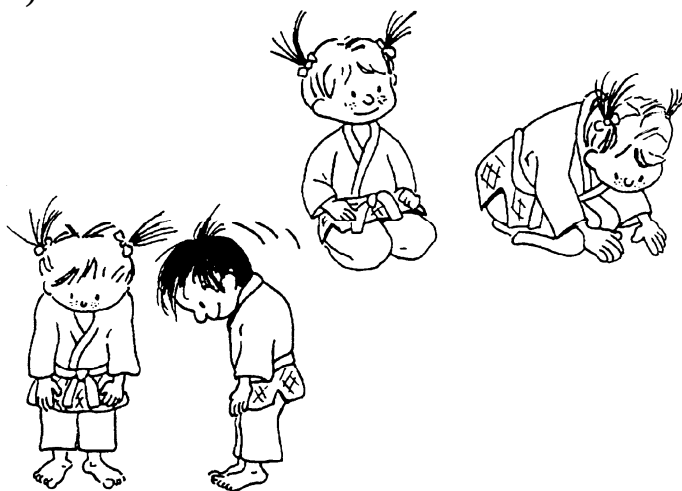
4° KYU GEEL- ORANJE ORANJE



Obi (gordel)

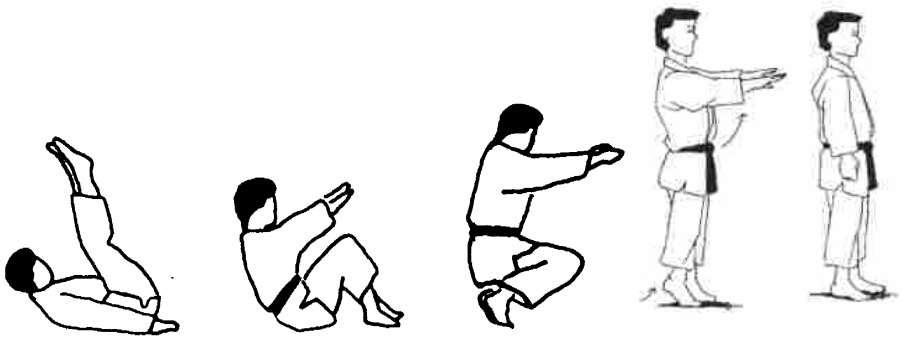


Rei (groeten)



Ukemi's (valtechnieken)

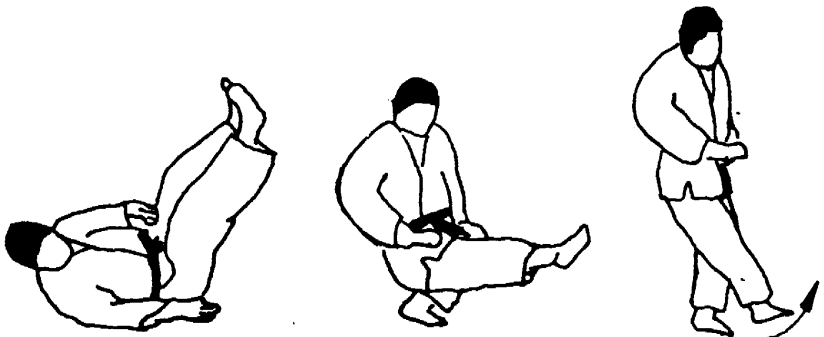
Ushiro Ukemi (achterwaartse val)



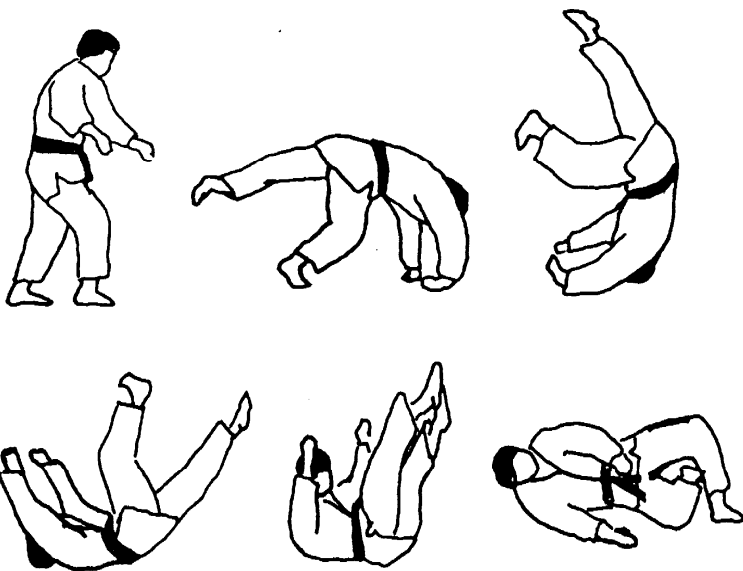
Yoko Ukemi (zijwaartse val)



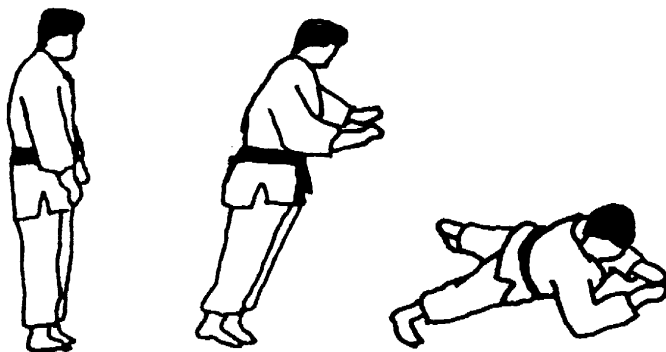
links en rechts = hidari en migi



Zempo Kaiten (schouderrol)



Mai Ukemi (voorwaartse plankval)

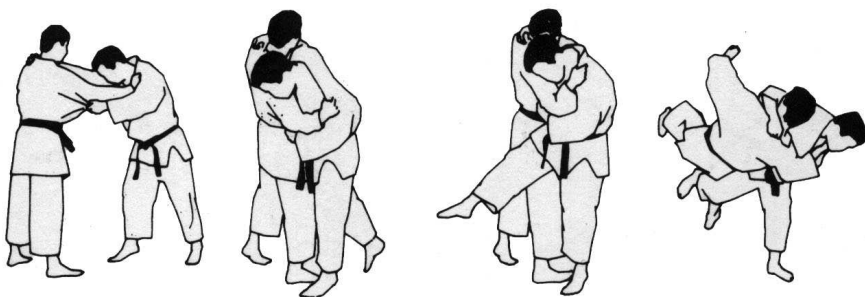


Nage Waza (werptechniek)

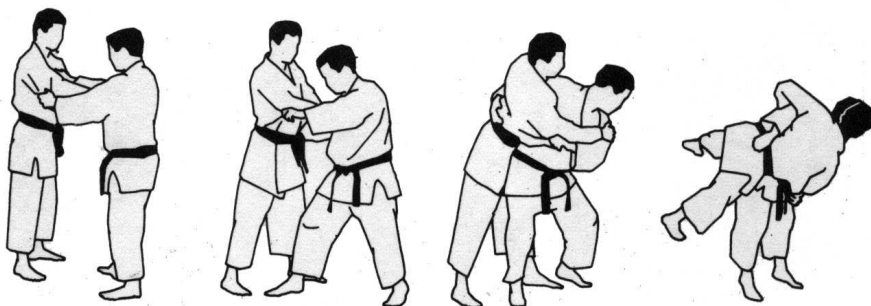
Tachi Waza (rechtstaande houding)

O-SOTO-GARI (grote buitenwaartse

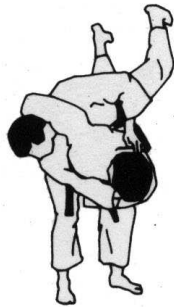
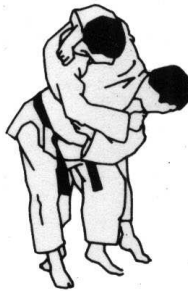
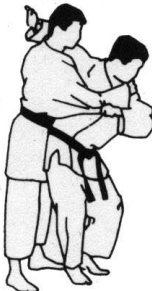
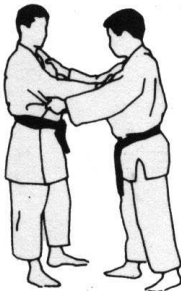
beenveeg)



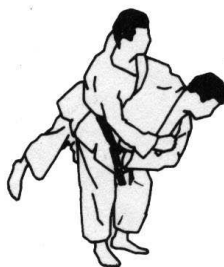
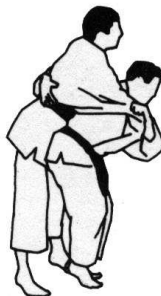
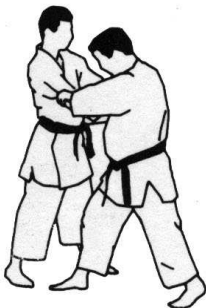
UKE GOSHI (zwevende heupworp)



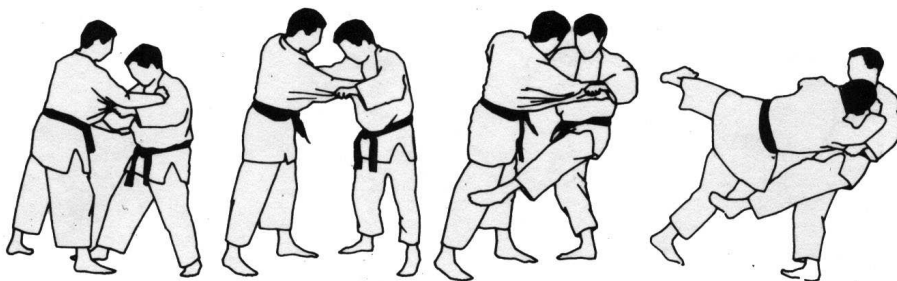
KOCHI GURUMA (heupwiel)



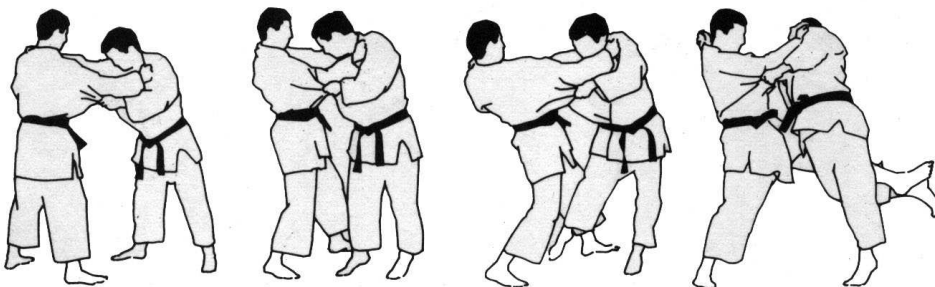
O-GOSHI (grote heupworp)



HIZA GURUMA (kniewiel)

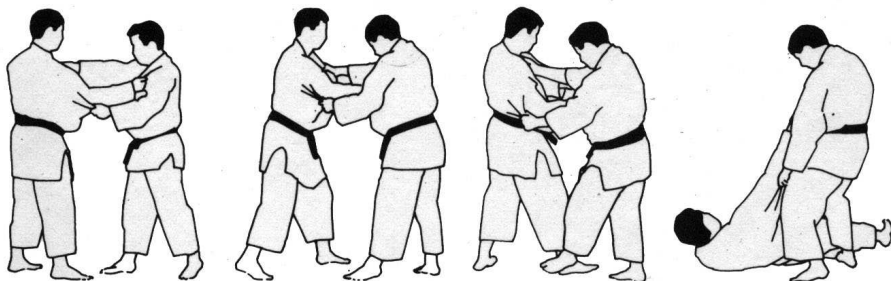


O-UCHI-GARI (grote binnenwaartse beenveeg)



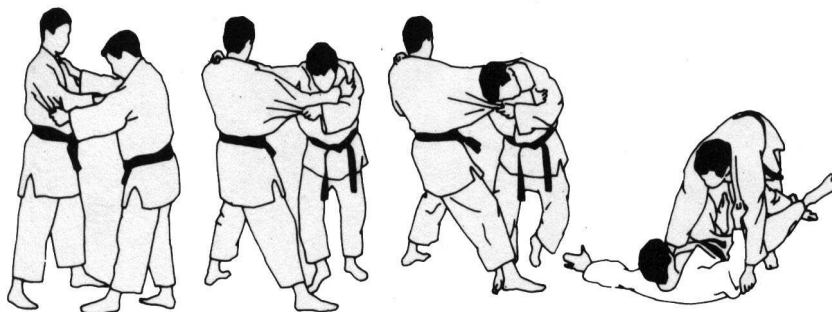
DE-ASHI -BARAI

(vegen vooruitkomende voet)

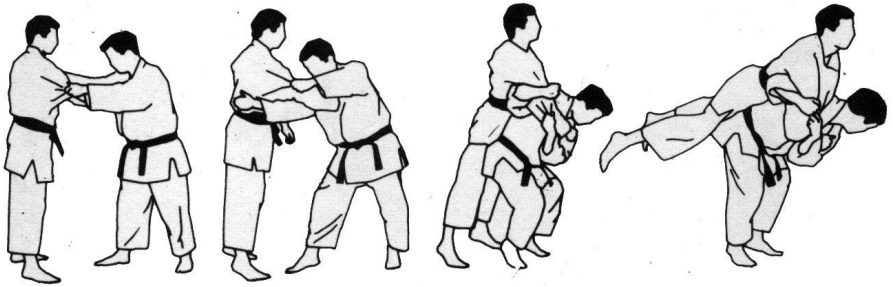


KO-USHI-GARI (kleine binnenwaartse

beenveeg)



IPPON-SEOI-NAGE (heupworp)



Katame Waza (controletechniek)

Ne Waza (grondwerk)

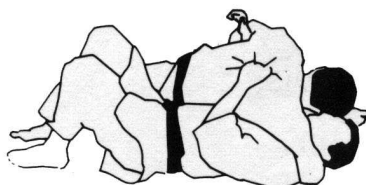
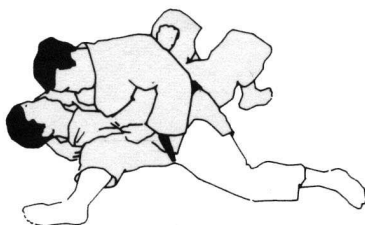
Osae Komi Waza (houdgrepen)

GESA GATAME (flank houden)



Voor

Achter



KUZURE GESA GATAME (flank

houden)



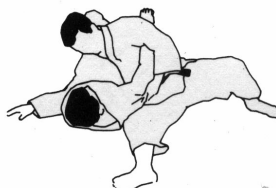
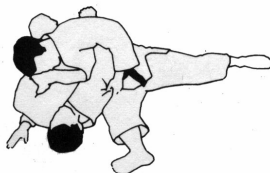
Voor

Achter



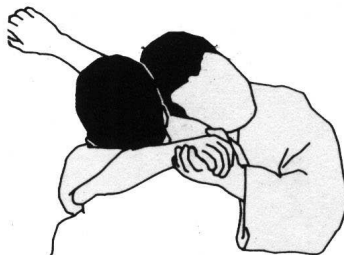
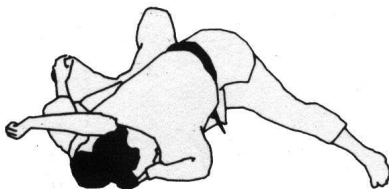
B

C



KATA GATAME

(armcontrole flank houden)



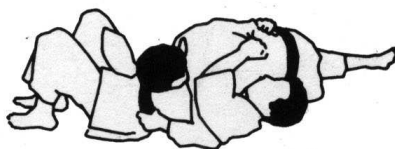
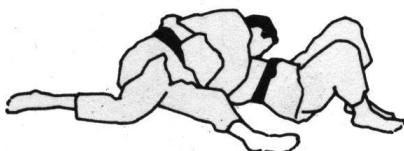
USHIRO GESA GATAME

(omgedraaide flank houding)



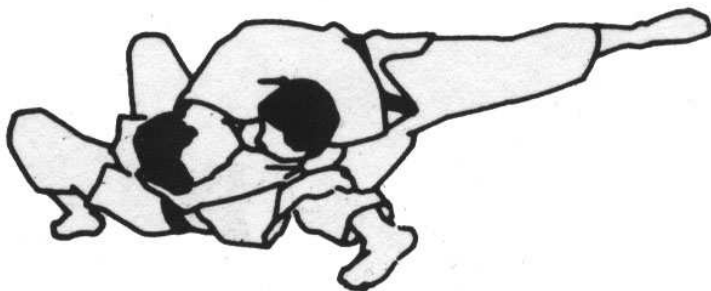
Voor

Achter



MAKURA GESA GATAME

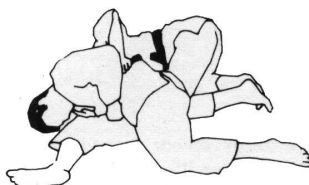
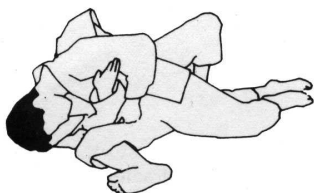
(hoofdkussen flank houden)



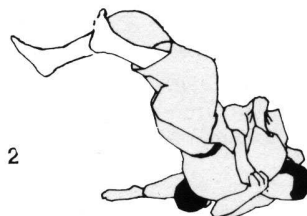
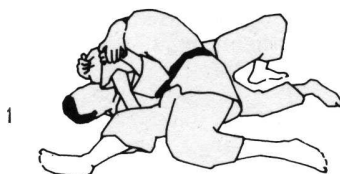
Bevrijding Houdgreep (voorbeelden)



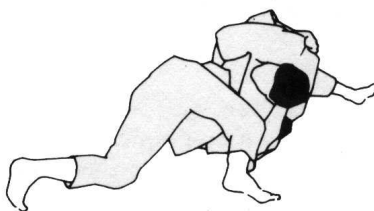
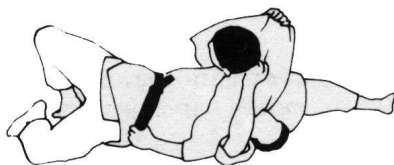
Bevrijding **Gesa-Gatame**



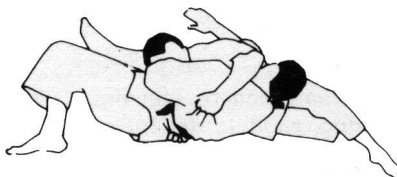
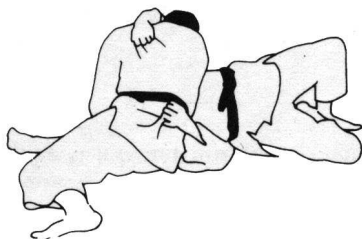
Bevrijding **Kuzure-Gesa-Gatame**



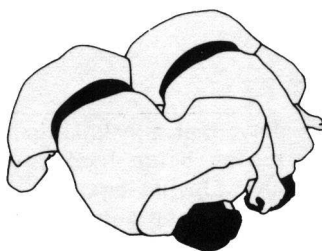
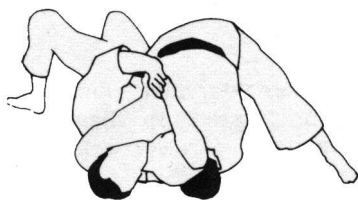
Bevrijding **Ushiro-Gesa-Gatame**



Bevrijding **Makura-Gesa-Gatame**



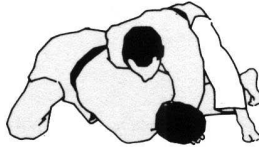
Bevrijding **Kata-Gatame**



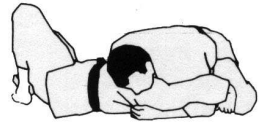
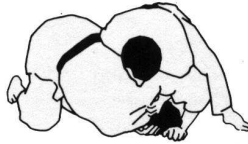
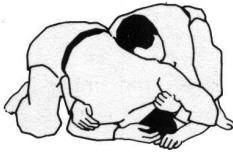
Omkeertechnieken (voorbeelden)



1



2

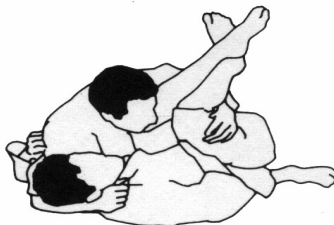
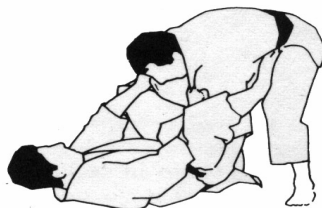


Aanvallen (voorbeelden)



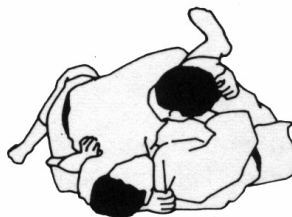
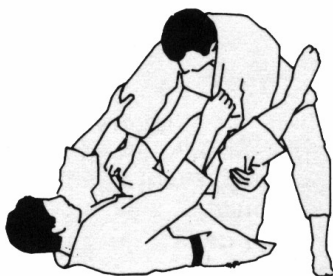
Aanval: Uke op de rug, Tori tussen de benen

Tori grijpt met beide handen tussen de benen van Uke diens gordel vast en trekt en heft hem naar zich toe. Hij plaatst zijn rechterknie in controle over de linkerarm van Uke, duwt beide benen opzij en komt in voor houdgreep.



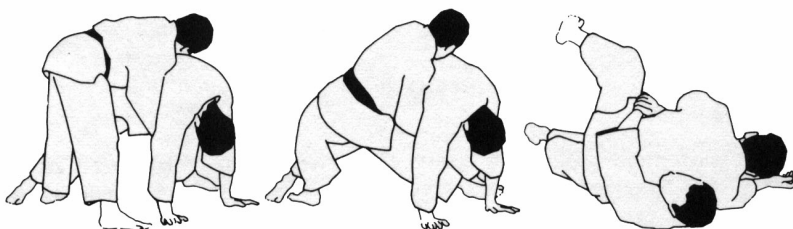
Aanval: Uke op de rug, Tori tussen de benen (vervolg)

Tori behoudt zijn balans en plaatst zijn linkerhand onder de knie van Uke. Met zijn rechterhand drukt hij de linkerknie van Uke op de grond en plaatst zijn eigen rechterbeen hierover in controle. Hij draait vervolgens zijn eigen linkerbeen rugwaarts over het been van Tori.



Aanval: Uke op 4 punten

Tori omstrengelt met beide armen Uki, zwaait zijn rechterbeen zo ver mogelijk onder het lichaam van Uke en draait hem zijwaarts links op de grond.



Aanval: Uke buiklig

Tori grijpt met linkerhand de mouw vast, met rechterhand de broekspijp en draait Uke naar zich toe.



Japanse terminologie



Dojo = oefenzaal

Tatami = judomat

Judogi = kledij (kimono)

Sensai = lesgever

Kumi Kate = manier van vastnemen

Hajime = begin

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Hidari = links

Ritzu-Rei = groet rechtstaand

Za-Rei = zittende groet

Shizen-Tai = natuurlijke basishouding

Jigo-Tai = verdedigingshouding

Kennis Wedstrijdreglement :



Basis (+ weet van verboden handelingen)

Wit / rood - wedstrijdzone (rode mat !)

puntentelling (koka, yuko, waza ari, ippon)

straffen (shido) - hajime - mate - osae komi -

Werken in beweging :



Tai-sabaki = grote verplaatsing van de voet
(vooruit/achteruit)

Tsukuri = voorbereiding

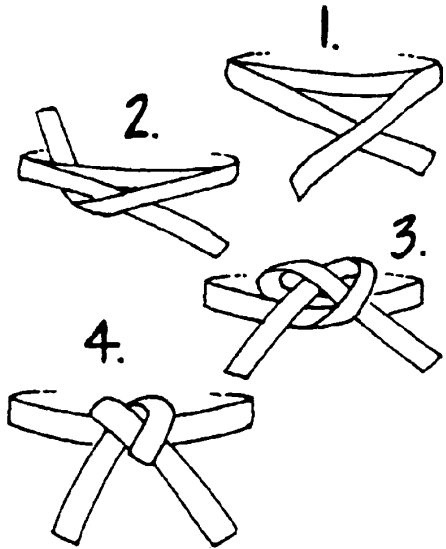
Kuzuchi = balansverstoring

OEFENPROGRAMMA

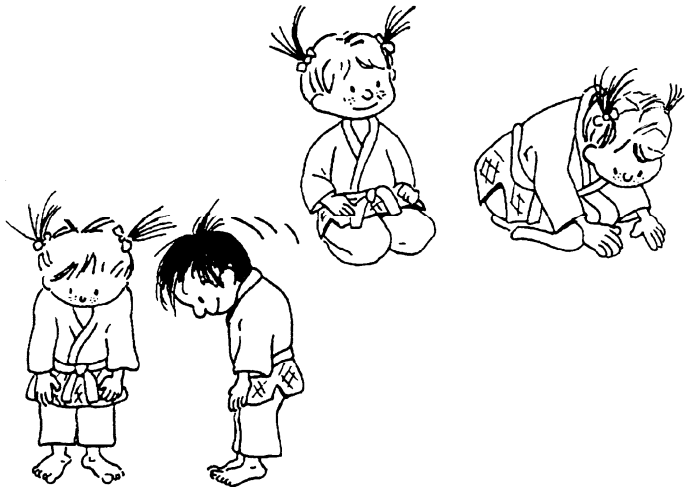
3° KYU ORANJE-GROEN GROEN



Obi (gordel) 

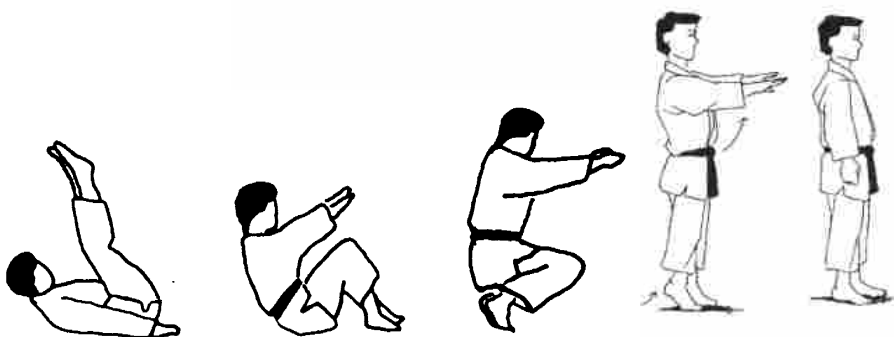


Rei (groeten) 



Ukemi's (valtechnieken)

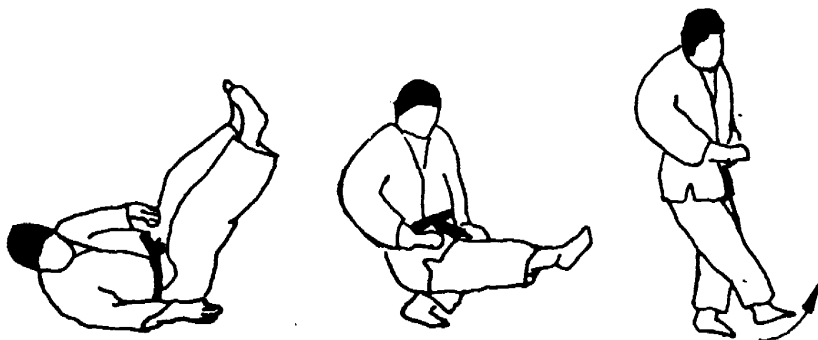
Ushiro Ukemi (achterwaartse val)



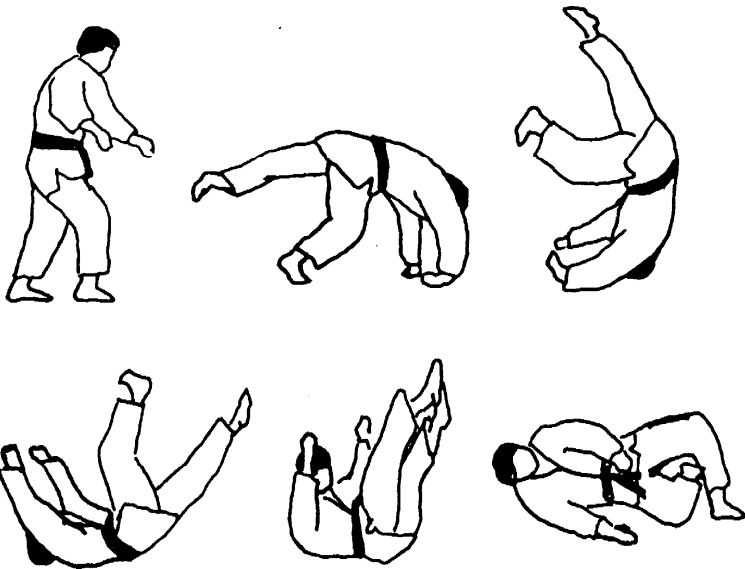
Yoko Ukemi (zijwaartse val)



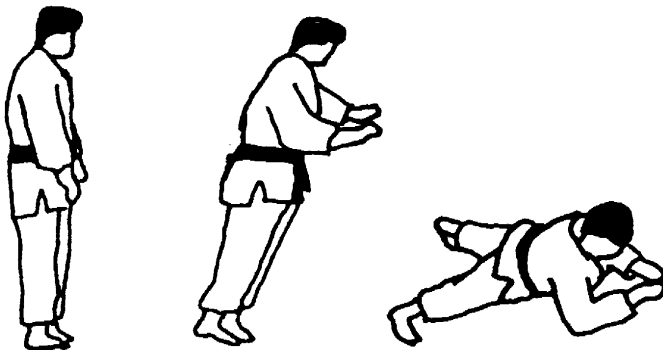
links en rechts = hidari en migi



Zempo Kaiten (schouderrol)



Mai Ukemi (voorwaartse plankval)

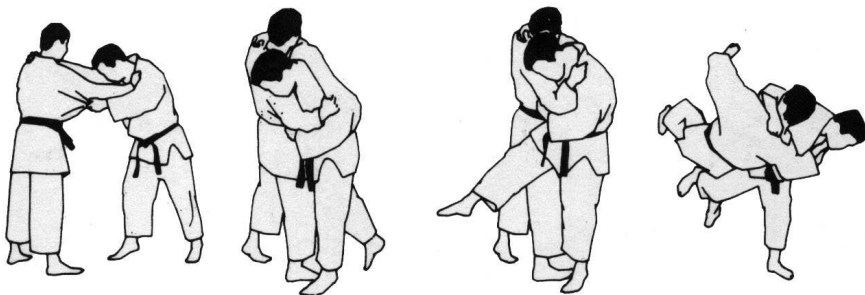


Nage Waza (werptechniek)

Tachi Waza (rechtstaande houding)

O-SOTO-GARI (grote buitenwaartse

beenveeg)  

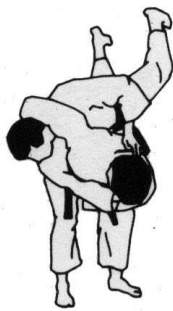
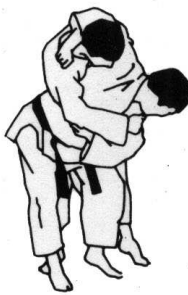
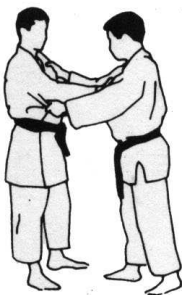


UKE GOSHI (zwevende heupworp)

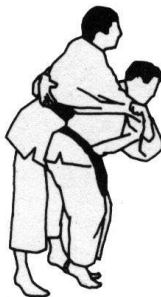
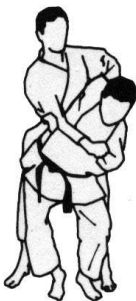
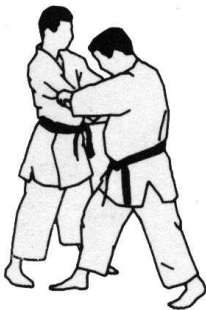
 



KOCHI GURUMA (heupwiel)



O-GOSHI (grote heupworp)

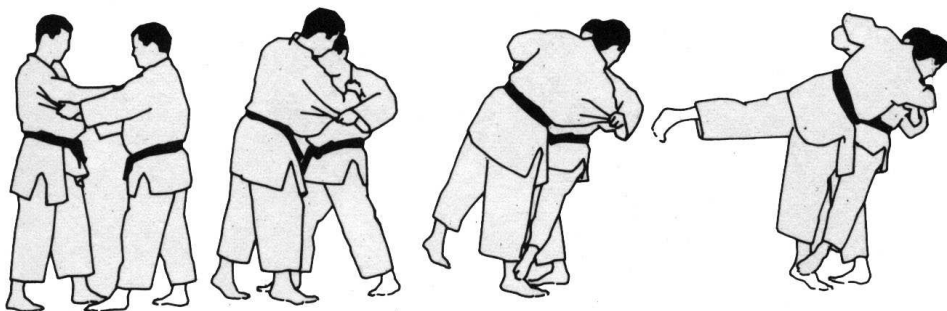


HIZA GURUMA (kniewiel)



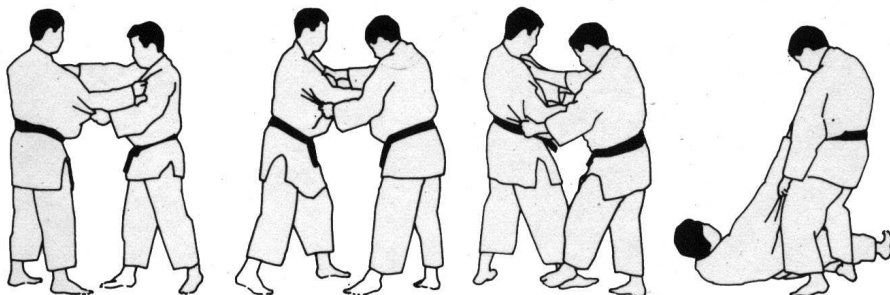
SASAE TSURI KOMI ASHI

(vooruitkomende voet blokkeren)



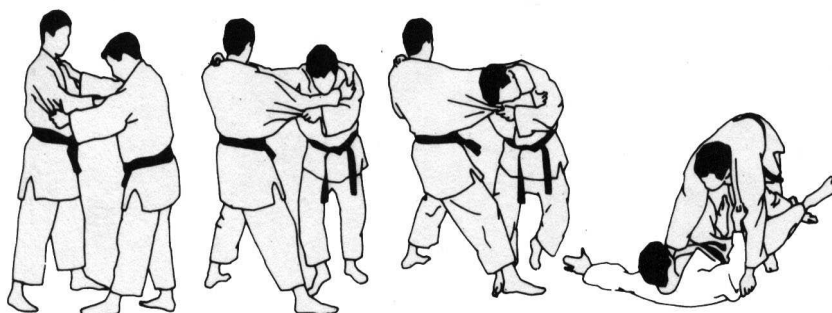
DE-ASHI -BARAI

(vegen vooruitkomende voet)



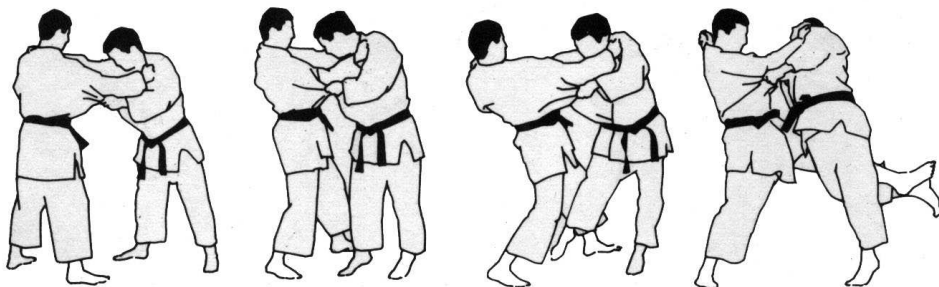
KO-USHI-GARI (kleine binnenwaartse

beenveeg)

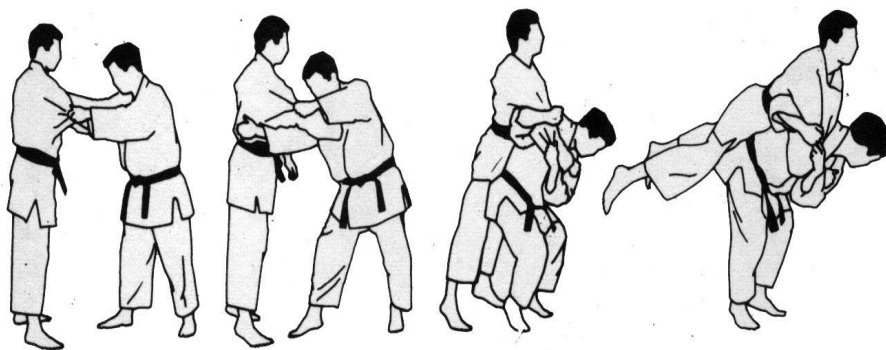


O-UCHI-GARI (grote binnenwaartse

beenveeg)

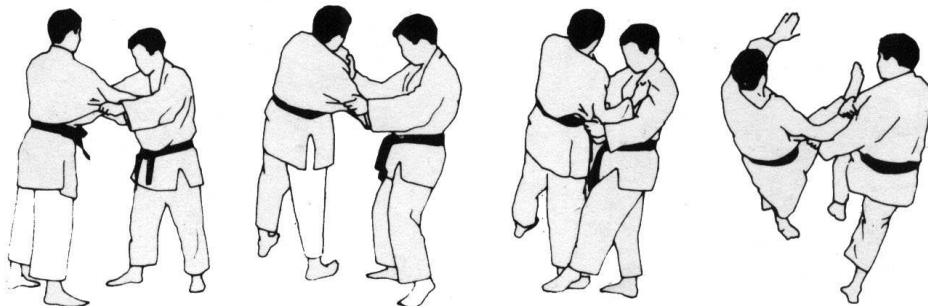


IPPON-SEOI-NAGE (heupworp)

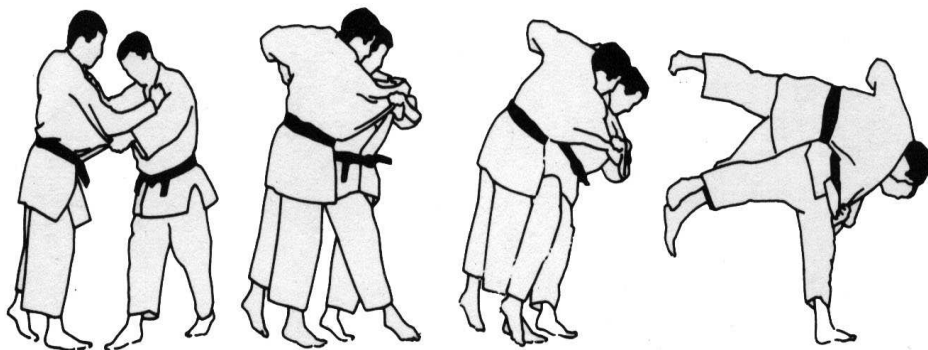


KO-SOTO-GARI (binnenwaartse

beenveeg)

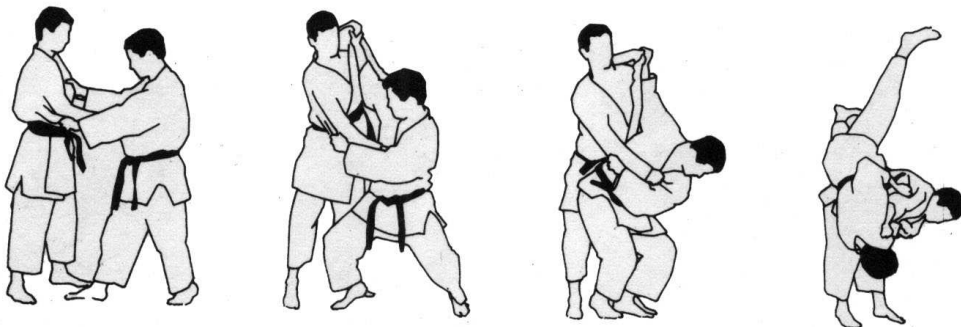


HARAI GOSHI (zweepende heupworp)



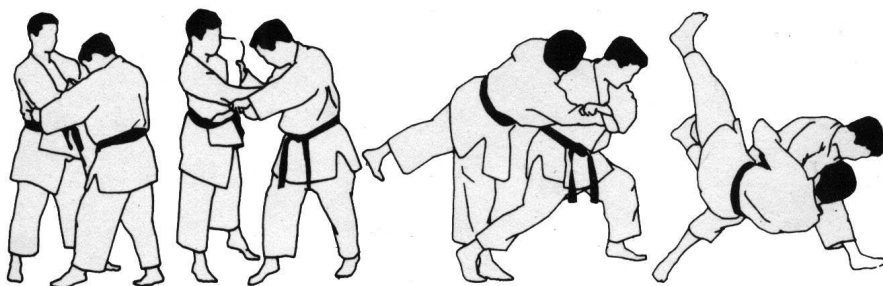
TSURI KOMI GOSHI

(liftende/trekkende heupworp)



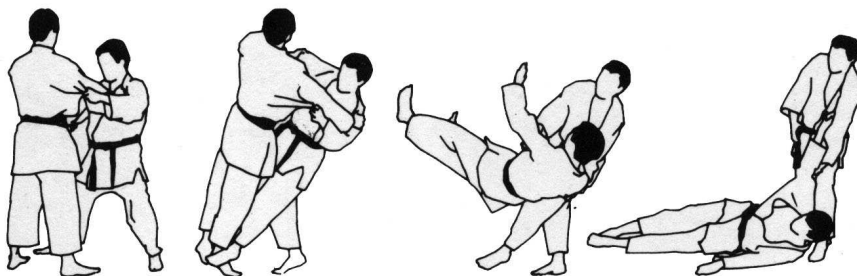
TAI OTOSHI (vooroverkantelen v/h

lichaam)



OKURI ASHI BARAI

(beide benen gelijk vegen) 



Katame Waza (controletechniek)

Ne Waza (grondwerk)

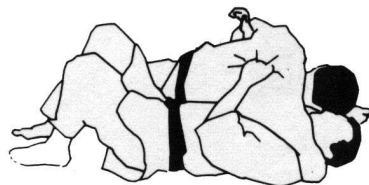
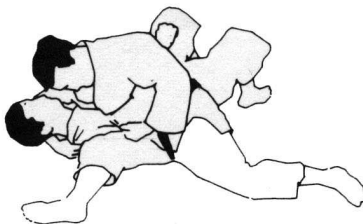
Osae Komi Waza (houdgrepen)

GESA GATAME (flank houden)



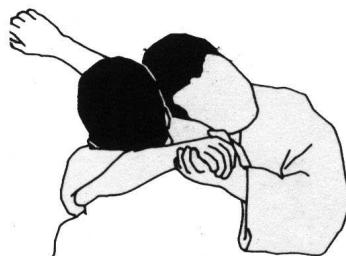
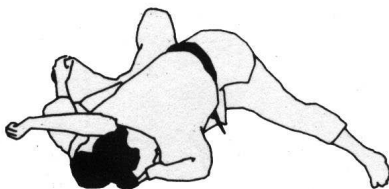
Voor

Achter



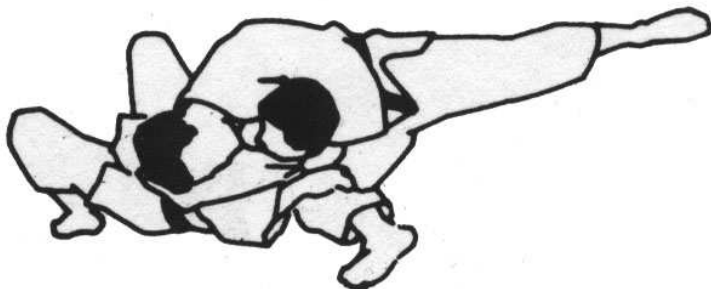
KATA GATAME

(armcontrole flank houden)



MAKURA GESA GATAME

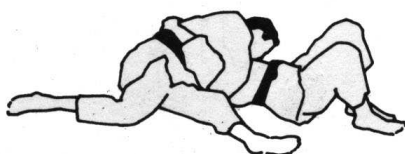
(hoofdkussen flank houden) 



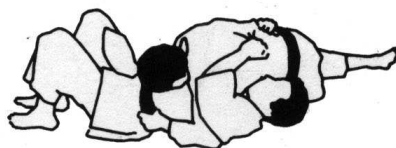
USHIRO GESA GATAME

(omgedraaid flank houden) 

Voor



Achter



YOKO SHIHO GATAME

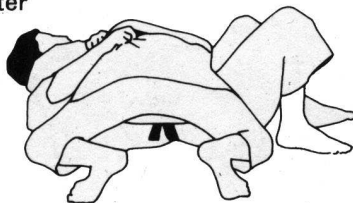
(4 punten controle zijdelings)



Voor



Achter

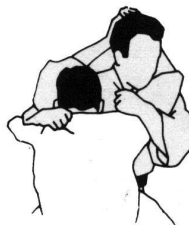
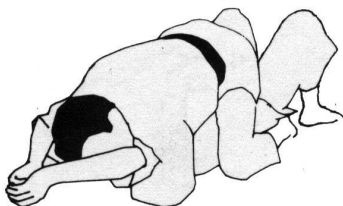


TATE SHIHO GATAME

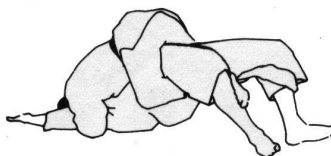
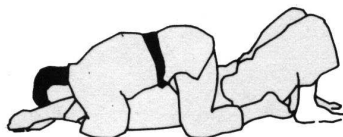
(4 punten controle bovenop)



Detail van onderen gezien



Zijaanzicht



KUZURE GESA GATAME

(flank houden)



Voor

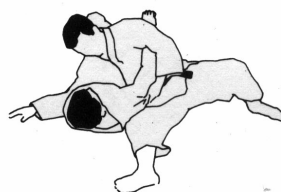
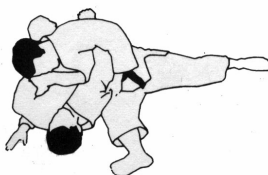
Achter



B

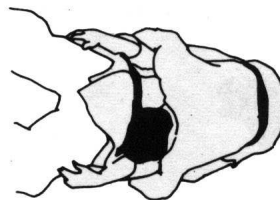


C



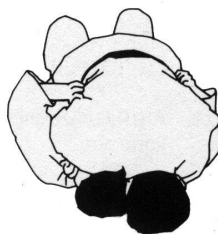
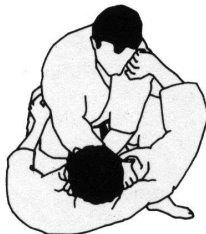
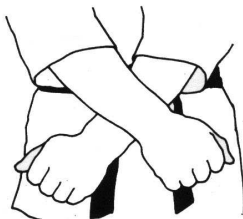
KAMI SHIHO GATAME

(4 punten controle vooraan)

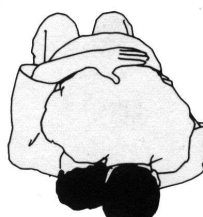
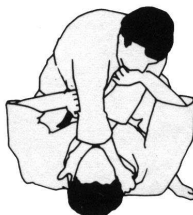


Shime Waza (wurgtechnieken)

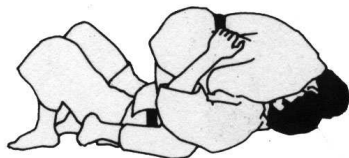
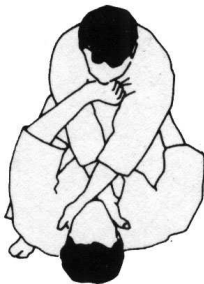
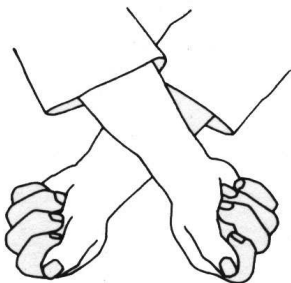
NAMI JUJI JIME (gekruipte handen)



KATA JUJI JIME (gekruipte handen)



GYAKU JUJI JIME (gekruiste handen)



Kansetsu Waza (klemtechnieken)

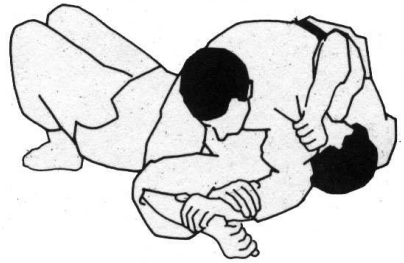
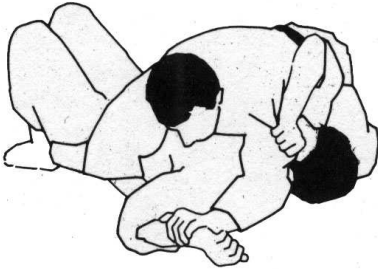
JUJI GATAME (armklem in kruisvorm)



UDE GATAME (controle met de arm)



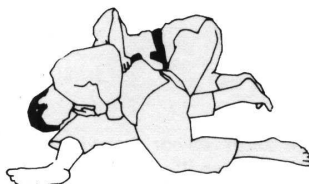
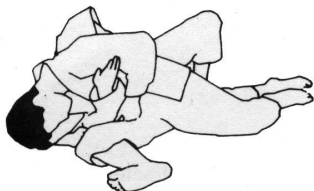
UDE GARAMI (armverdraaiing)



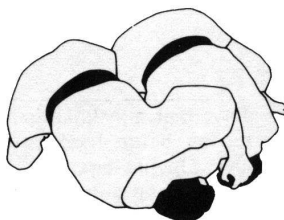
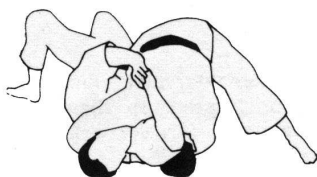
Bevrijdingen Houdgrepen

(voorbeelden) 

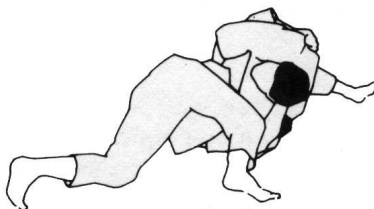
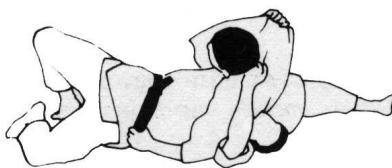
Bevrijding Gesa-Gatame



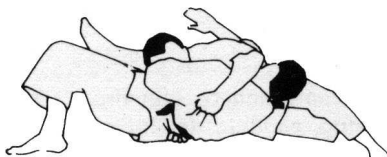
Bevrijding Kata-Gatame



Bevrijding Ushiro-Gesa-Gatame



Bevrijding Makura-Gesa-Gatame



Bevrijding Yoko-Shiho-Gatame

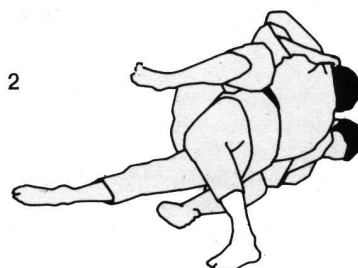
1



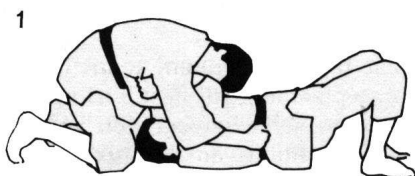
2



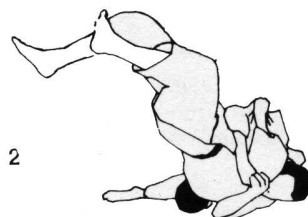
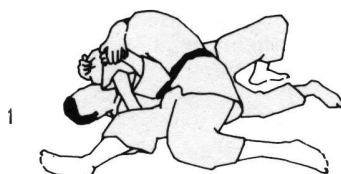
Bevrijding **Tate-Shiho-Gatame**



Bevrijding **Kami-Shiho-Gatame**

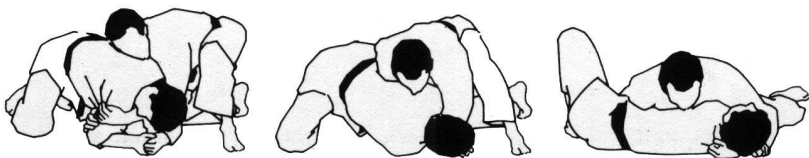


Bevrijding **Kuzure-Gesa-Gatame**

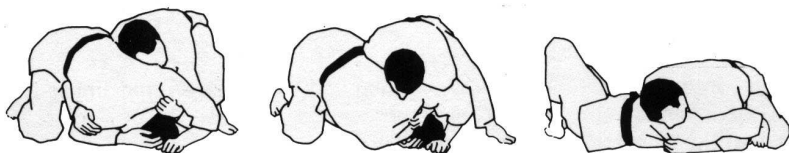


Omkeertechnieken (voorbeelden)

1



2



3



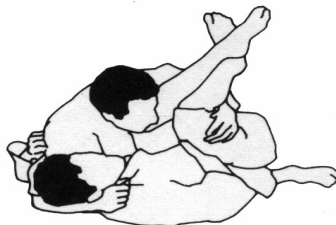
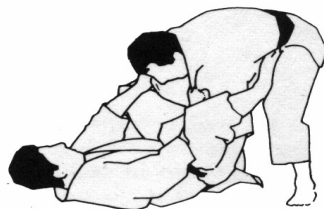
4



Aanvallen (voorbeelden)

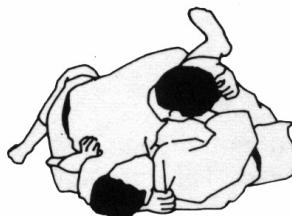
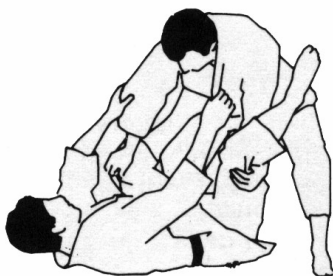
Aanval: Uke op de rug, Tori tussen de benen

Tori grijpt met beide handen tussen de benen van Uke diens gordel vast en trekt van Uke naar zich toe. Hij plaatst zijn rechterknie in controle over de linkerarm van Uke, duwt beide benen opzij en komt in voor houdgreep.



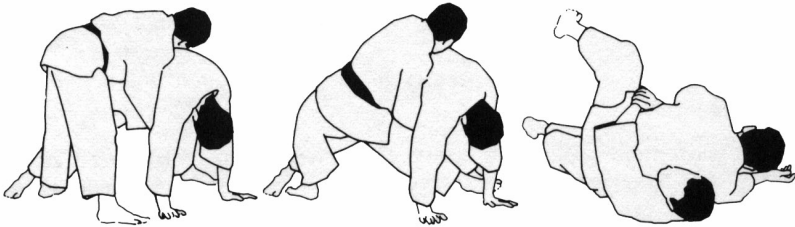
Aanval: Uke op de rug, Tori tussen de benen (vervolg)

Tori behoudt zijn balans en plaatst zijn linkerhand onder de knie van Uke. Met zijn rechterhand drukt hij de linkerknie van Uke op de grond en plaatst zijn eigen rechterbeen hierover in controle. Hij draait vervolgens zijn eigen linkerbeen rugwaarts over het been van Tori.



Aanval: Uke op 4 punten

Tori omstrengelt met beide armen Uki, zwaait zijn rechterbeen zo ver mogelijk onder het lichaam van Uke en draait hem zijwaarts links op de grond.



Aanval: Uke buiklig

Tori grijpt met linkerhand de mouw vast, met rechterhand de broekspijp en draait Uke naar zich toe.



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

Kennis Wedstrijdreglement :



Basis (+ weet van verboden handelingen)

Wit / rood - wedstrijdzone (rode mat !)

puntentelling (koka, yuko, waza ari, ippon)

straffen (shido) - hajime - mate - osae komi -

Werken in beweging :



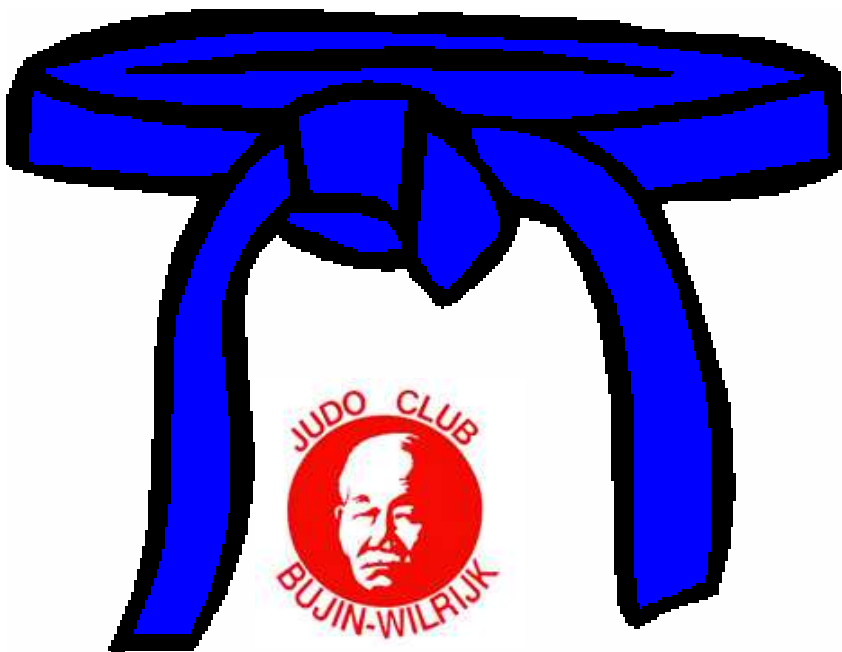
Tai-sabaki = grote verplaatsing van de voet
(vooruit/achteruit)

Tsukuri = voorbereiding

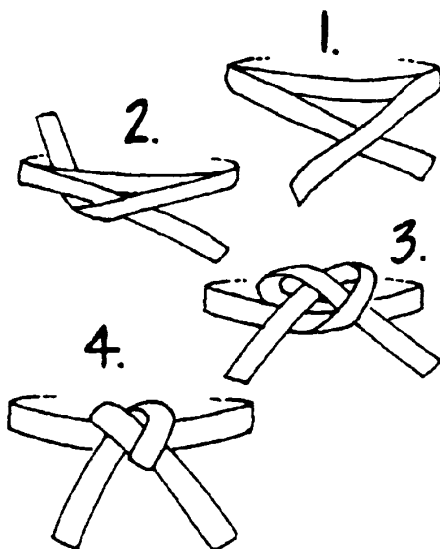
Kuzuchi = balansverstoring

OEFENPROGRAMMA

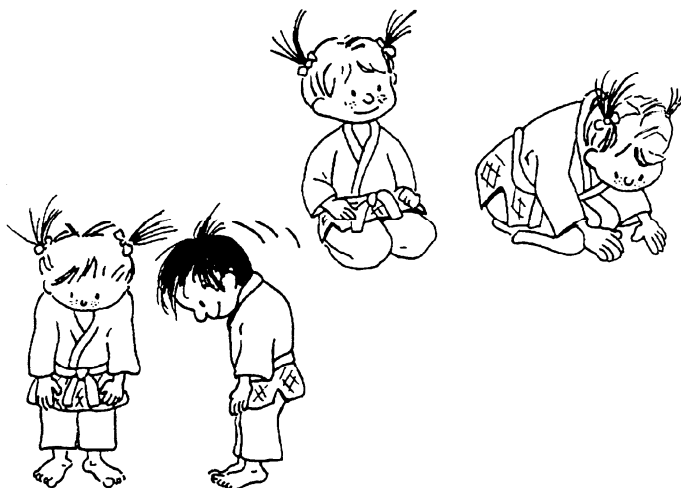
2° KYU BLAUW



Obi (gordel)

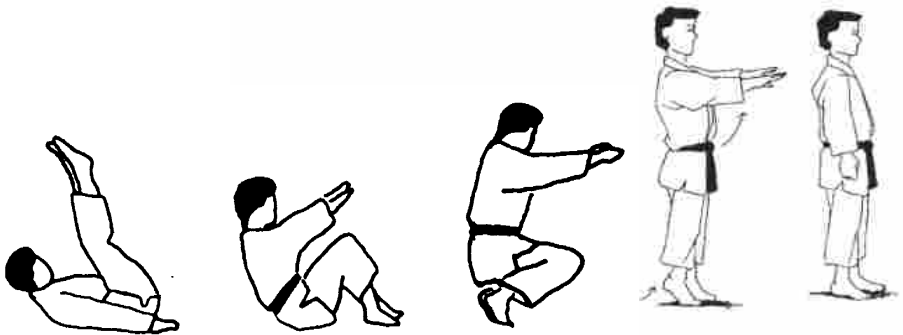


Rei (groeten)



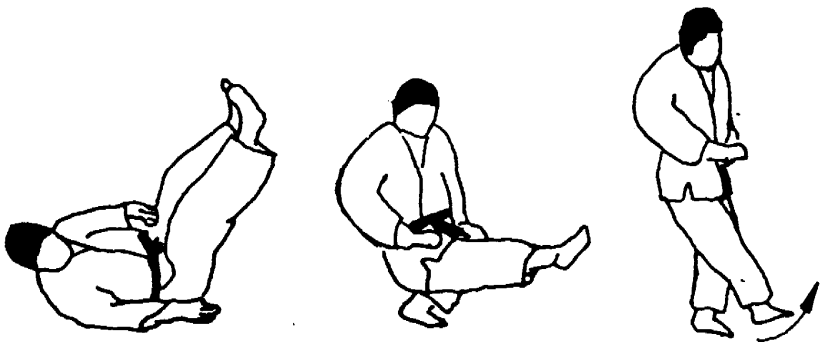
Ukemi's (valtechnieken)

Ushiro Ukemi (achterwaartse val)

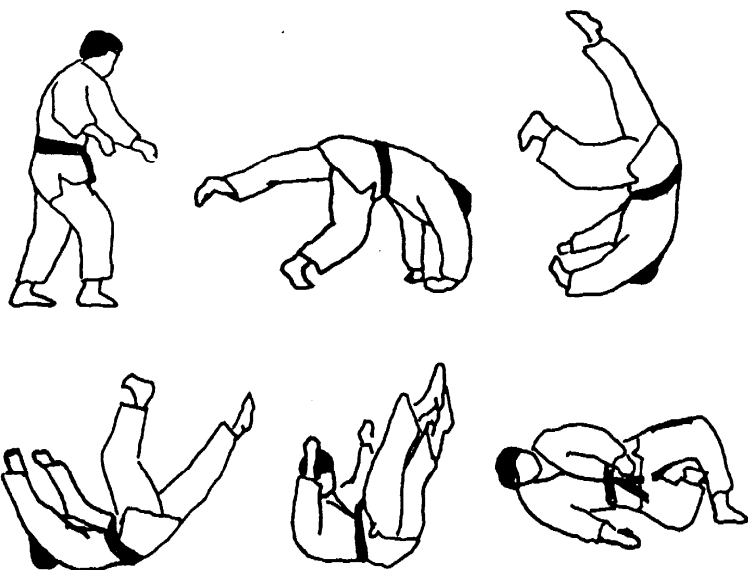


Yoko Ukemi (zijwaartse val)

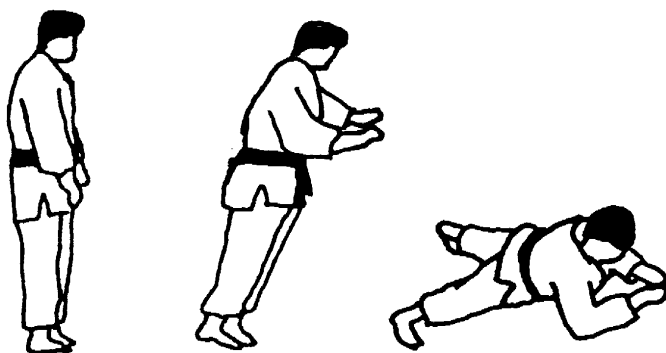
links en rechts = hidari en migi



Zempo Kaiten (schouderrol)



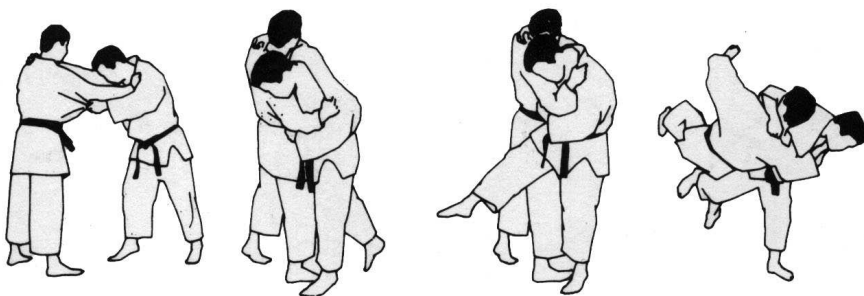
Mai Ukemi (voorwaartse plankval)



Nage Waza (werptechniek)

Tachi Waza (rechtstaande houding)

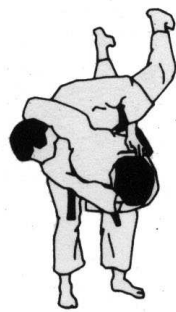
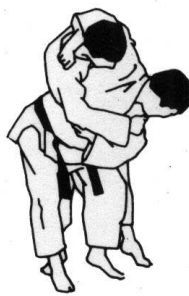
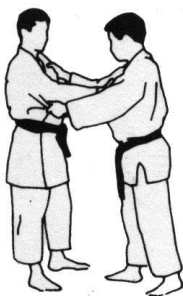
O-SOTO-GARI (grote buitenwaartse beenveeg)



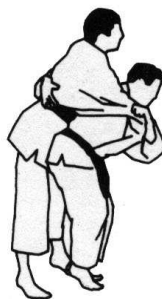
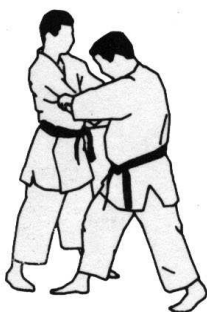
UKE GOSHI (zwevende heupworp)



KOCHI GURUMA (heupwiel)



O-GOSHI (grote heupworp)

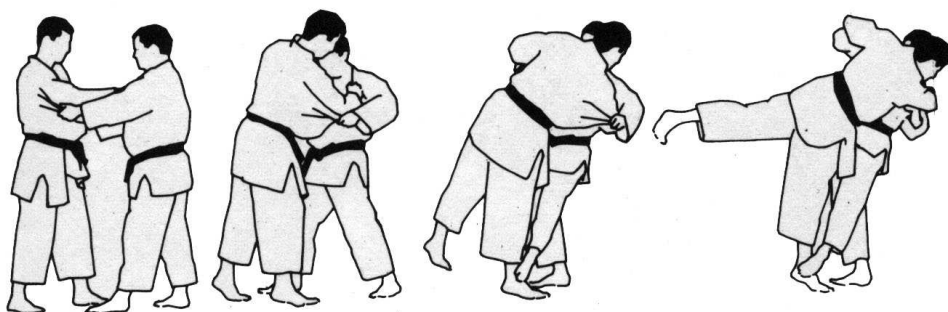


HIZA GURUMA (kniewiel)



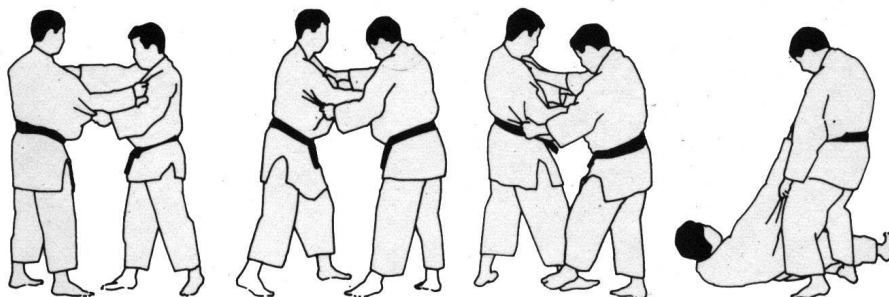
SASAE TSURI KOMI ASHI

(vooruitkomende voet blokkeren)

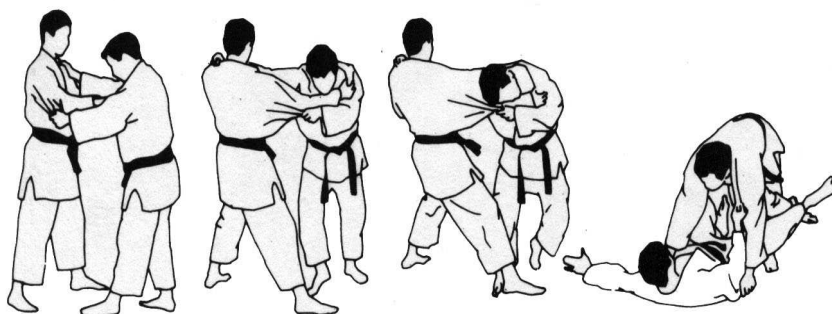


DE-ASHI -BARAI

(vegen vooruitkomende voet)

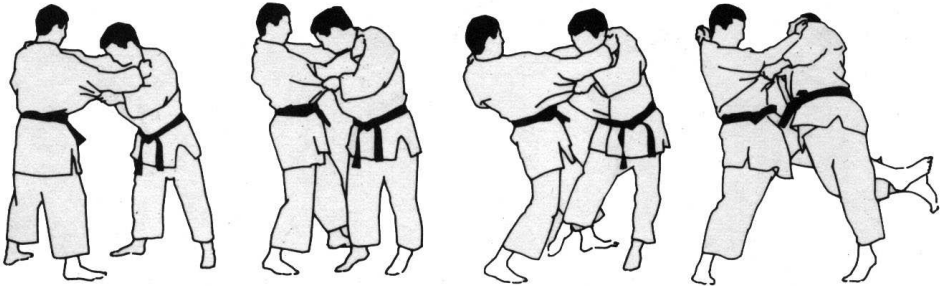


KO-USHI-GARI (kleine binnenwaartse beenveeg)

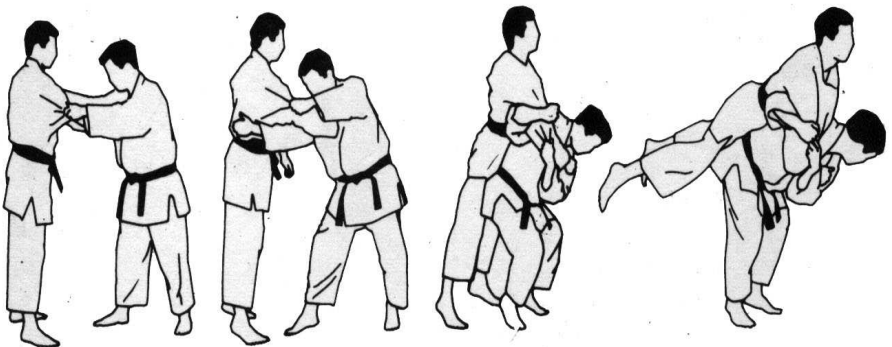


O-UCHI-GARI

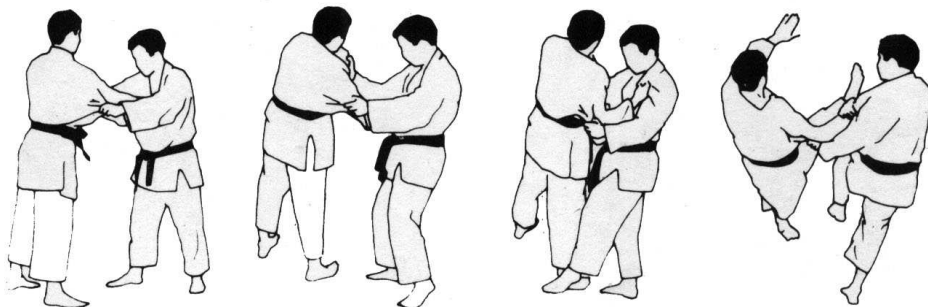
(grote binnenwaartse beenveeg)



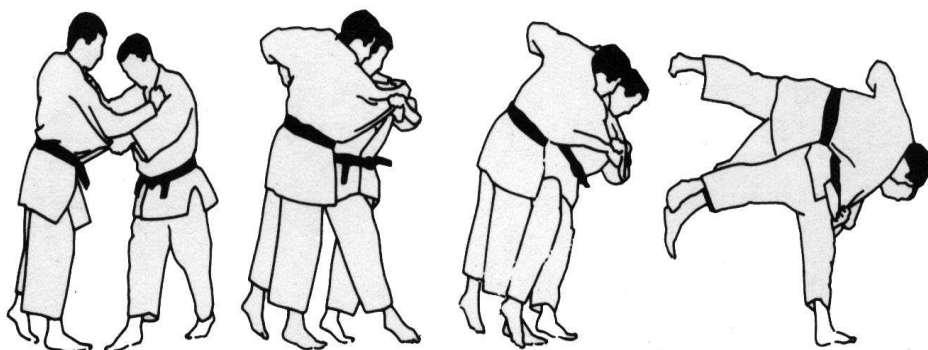
IPPON-SEOI-NAGE (heupworp)



KO-SOTO-GARI (binnenwaartse beenveeg)

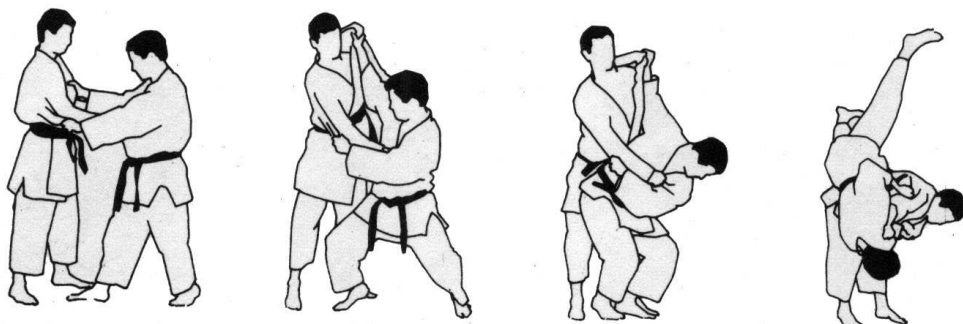


HARAI GOSHI (zweepende heupworp)

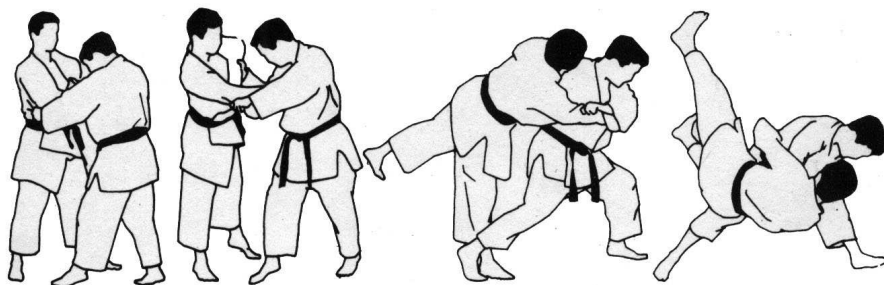


TSURI KOMI GOSHI

(liftende/trekkende heupworp)

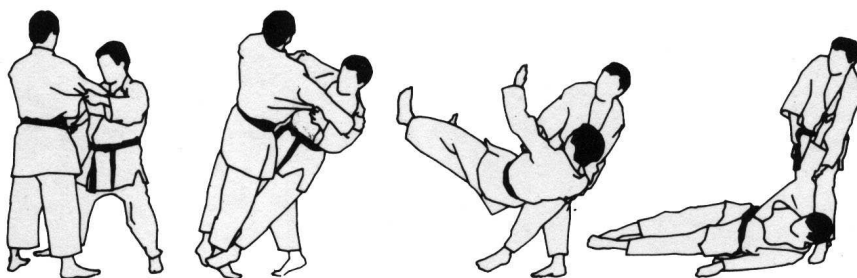


TAI OTOSHI (vooroverkantelen v/h lichaam)



OKURI ASHI BARAI

(beide benen gelijk vegen)



UCHI MATA (binnendij- worp)

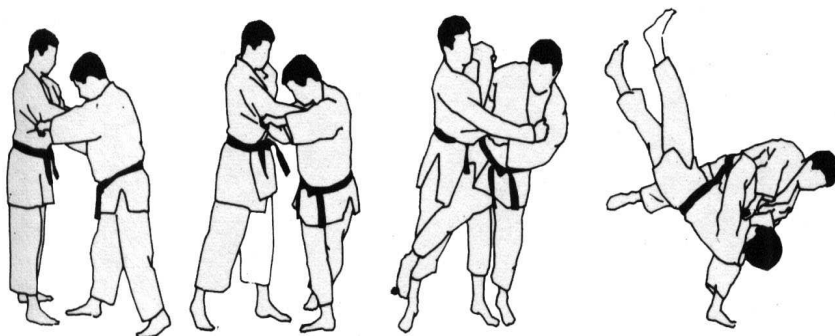
UCHI-MATA



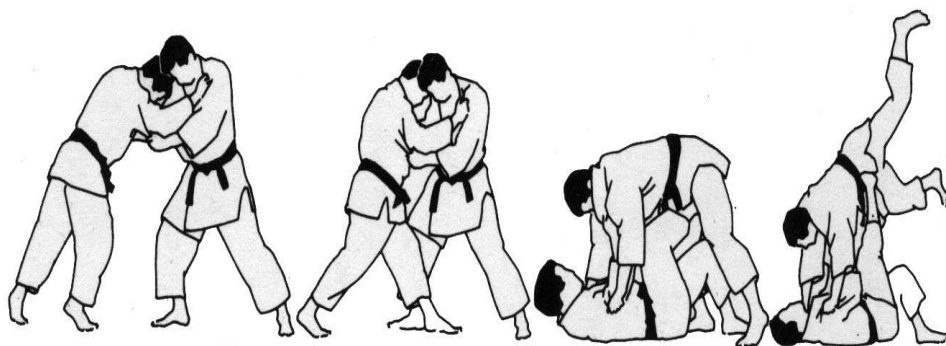
UCHI-MATA



ASHI GURUMA (wiel over het been)

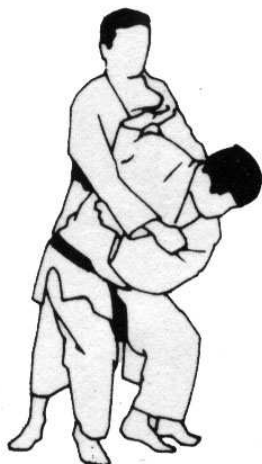


TOMOE NAGE (cirkelworp)

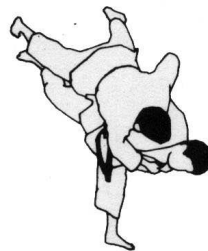
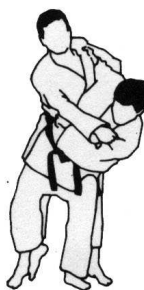
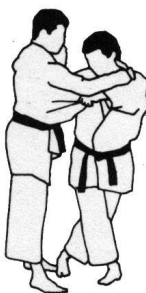


MOROTE SEOI NAGE

(schouderworp met beide handen)



HANE GOSHI (springende heupworp)



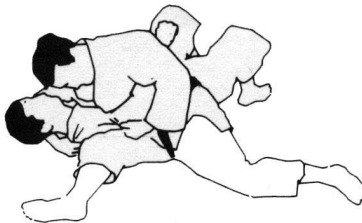
Katame Waza **(controletechniek)**

Ne Waza (grondwerk)

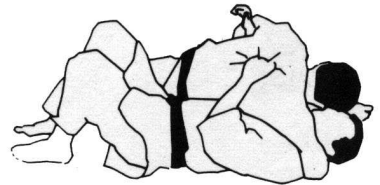
Osae Komi Waza (houdgrepen)

GESA GATAME (flank houden)

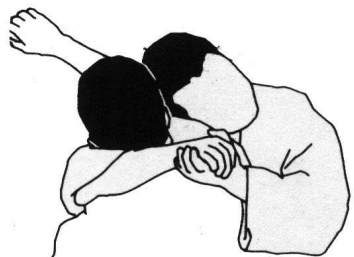
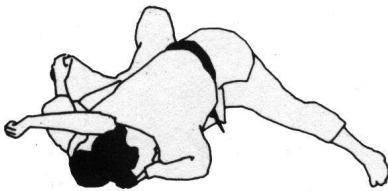
Voor



Achter

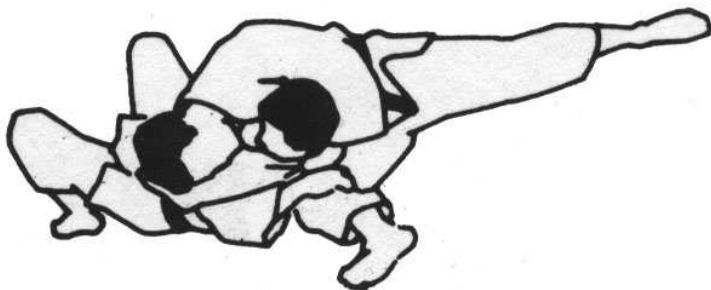


KATA GATAME
(armcontrole flank houden)



MAKURA GESA GATAME

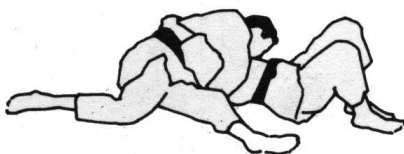
(hoofdkussen flank houden)



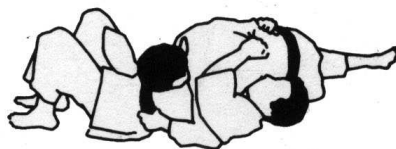
USHIRO GESA GATAME

(omgedraaid flank houden)

Voor



Achter



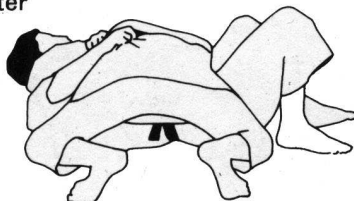
YOKO SHIHO GATAME

(4 punten controle zijdelings)

Voor



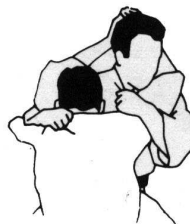
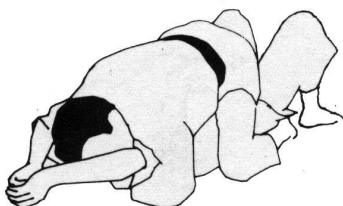
Achter



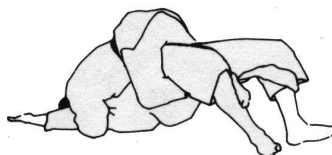
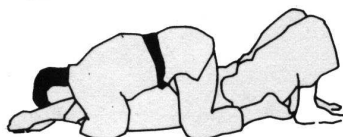
TATE SHIHO GATAME

(4 punten controle bovenop)

Detail van onderen gezien



Zijaanzicht



KUZURE GESA GATAME

(flank houden)

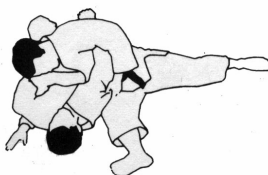
Voor



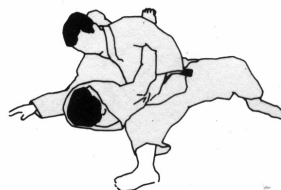
Achter



B

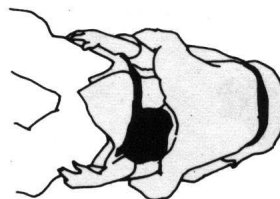
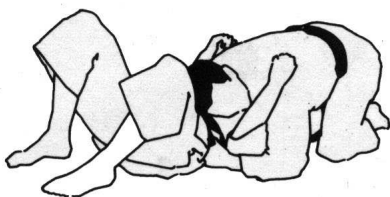


C



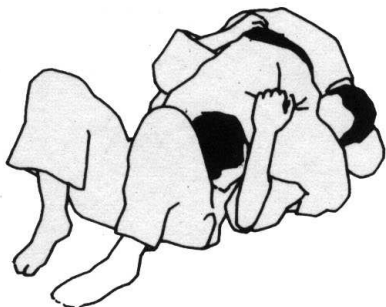
KAMI SHIHO GATAME

(4 punten controle vooraan)

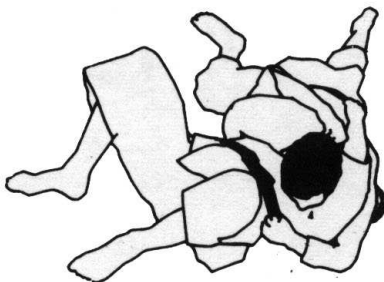


KUZURE KAMI SHIHO GATAME

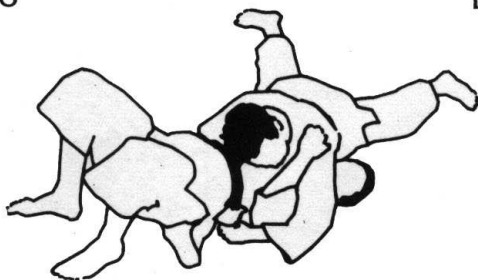
A



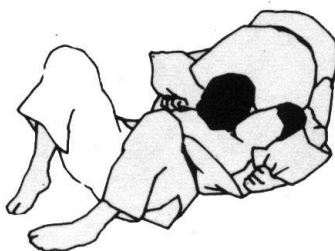
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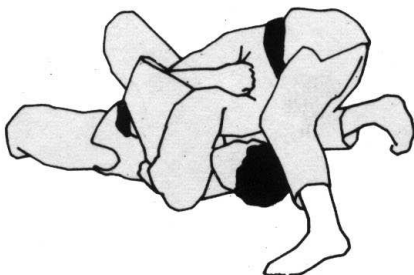
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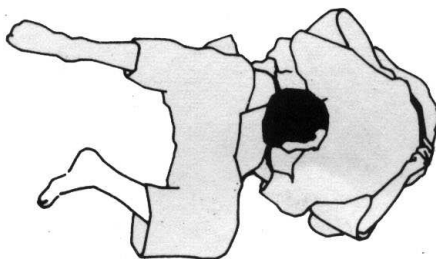
D



E

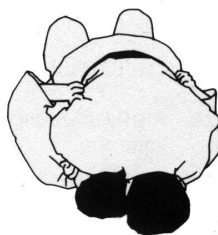
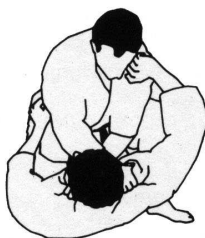
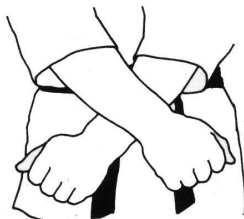


F

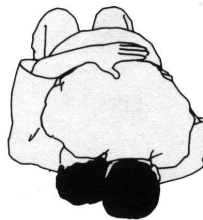
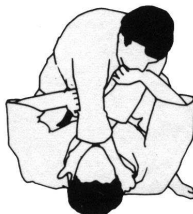


Shime Waza (wurgtechnieken)

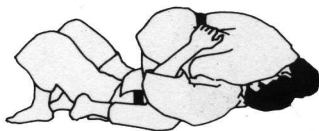
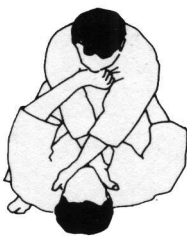
NAMI JUJI JIME (gekruiste handen)



KATA JUJI JIME (gekruiste handen)



GYAKU JUJI JIME (gekruiste handen)



HADAKA JIME (naakte wurging)



Variaties



OKURI ERI JIME (beide revers wurgen)



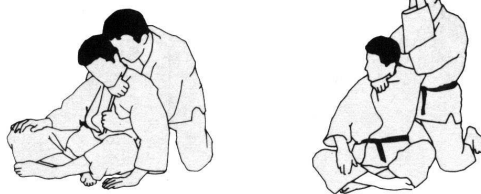
Variaties

1



KATA HA JIME

(controle zijde – vleugellamwurging)



Variaties

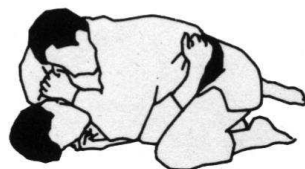
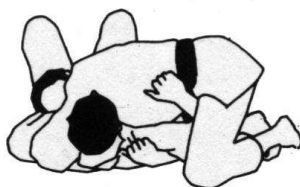
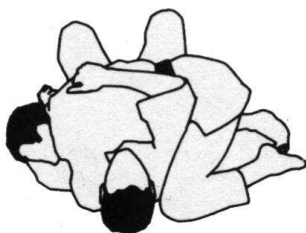


SODE GURUMA JIME

(wurgend met de stof)



KATA TE JIME (één hands wurgend)

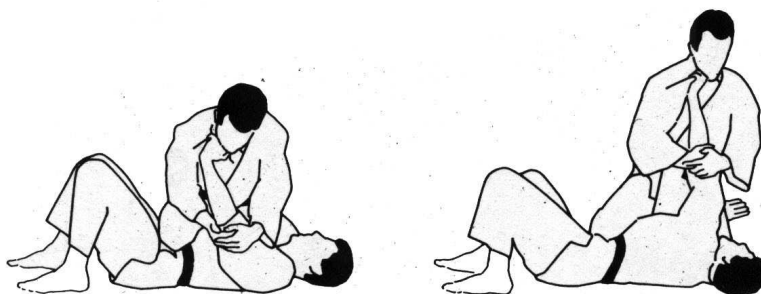


Kansetsu Waza (klemtechnieken)

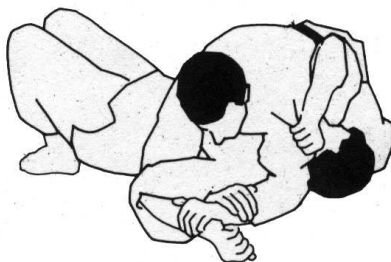
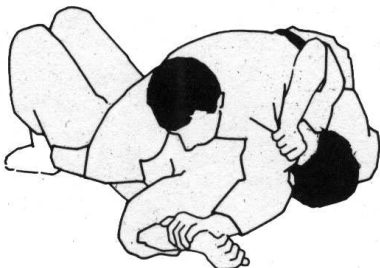
JUJI GATAME (armklem in kruisvorm)



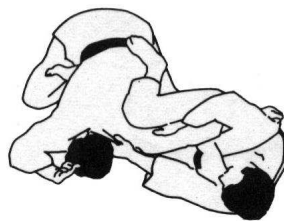
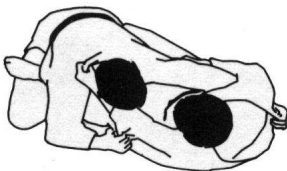
UDE GATAME (controle met de arm)



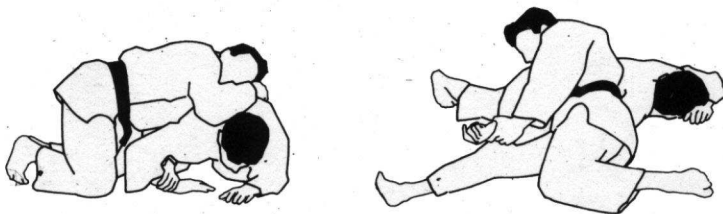
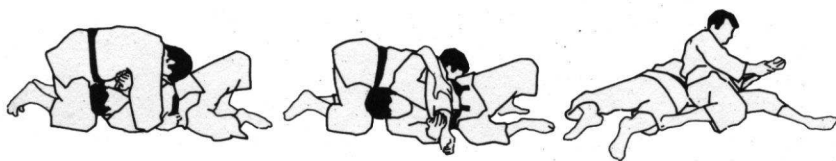
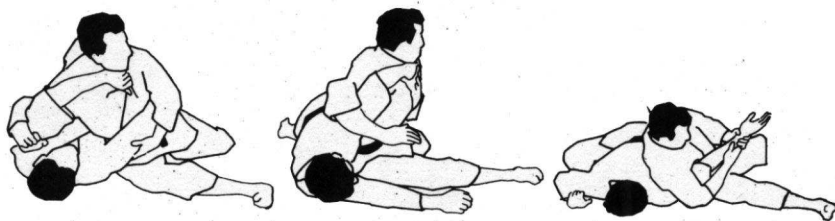
UDE GARAMI (armverdraaiing)



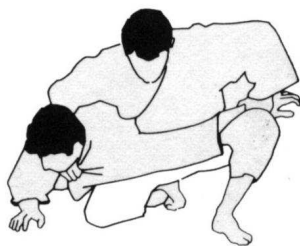
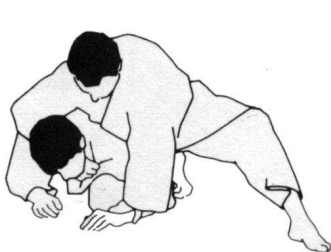
HIZA GATAME



WAKI GATAME



HARA GATAME



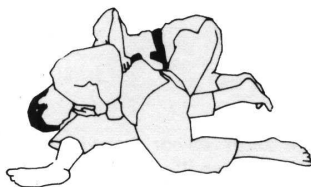
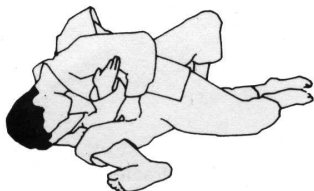
TE GATAME



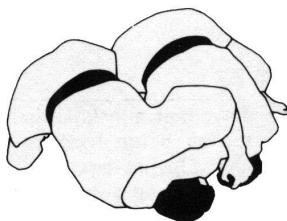
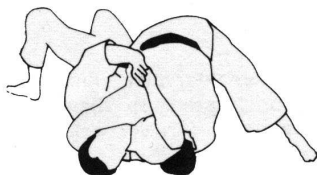
Bevrijdingen Houdgrepen

(voorbeelden)

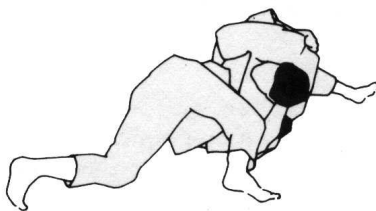
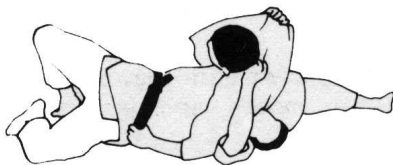
Bevrijding Gesa-Gatame



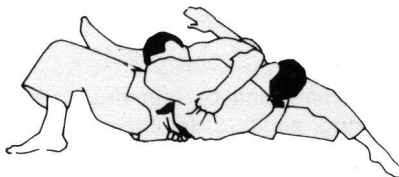
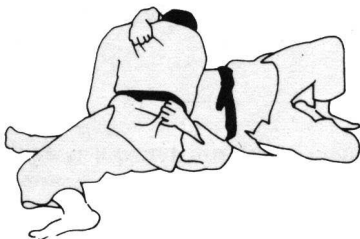
Bevrijding Kata-Gatame



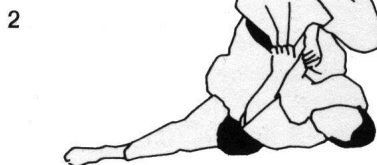
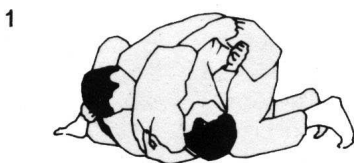
Bevrijding Ushiro-Gesa-Gatame



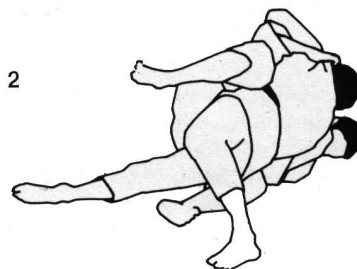
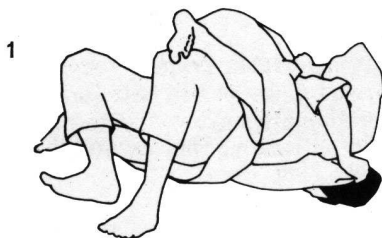
Bevrijding Makura-Gesa-Gatame



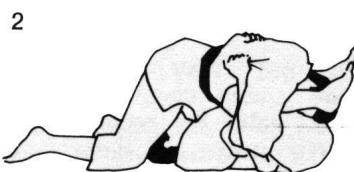
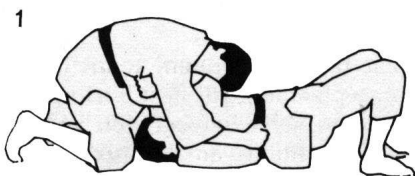
Bevrijding Yoko –Shiho-Gatame



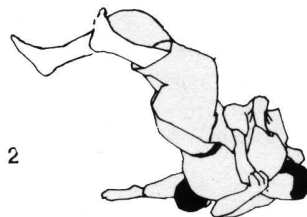
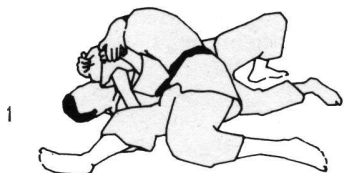
Bevrijding Tate-Shiho-Gatame



Bevrijding Kami-Shiho-Gatame



Bevrijding Kuzure-Gesa-Gatame



Omkeertechnieken (voorbeelden)

1



2



3



4

7



8



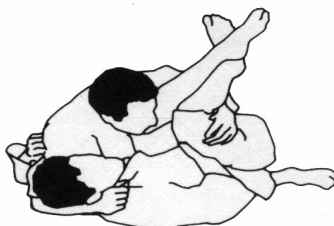
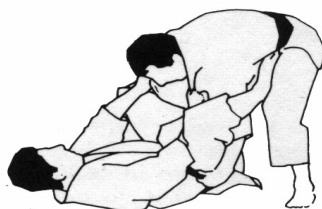
9



Aanvallen (voorbeelden)

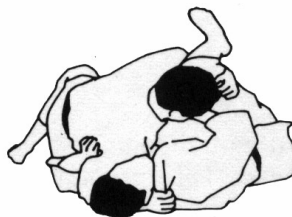
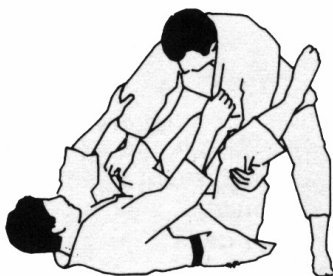
Aanval: Uke op de rug, Tori tussen de benen

Tori grijpt met beide handen tussen de benen van Uke diens gordel vast en trekt en heft hem naar zich toe. Hij plaatst zijn rechterknie in controle over de linkerarm van Uke, duwt beide benen opzij en komt in voor houdgreep.



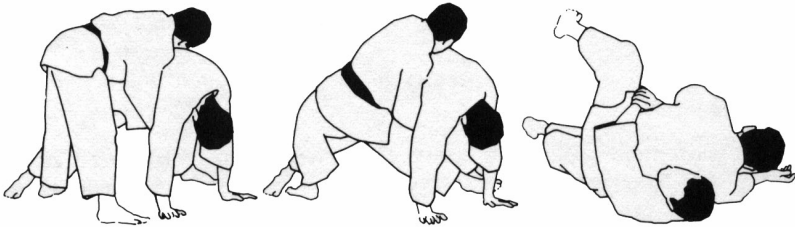
Aanval: Uke op de rug, Tori tussen de benen (vervolg)

Tori behoudt zijn balans en plaatst zijn linkerhand onder de knie van Uke. Met zijn rechterhand drukt hij de linkerknie van Uke op de grond en plaatst zijn eigen rechterbeen hierover in controle. Hij draait vervolgens zijn eigen linkerbeen rugwaarts over het been van Tori.



Aanval: Uke op 4 punten

Tori omstrengelt met beide armen Uki, zwaait zijn rechterbeen zo ver mogelijk onder het lichaam van Uke en draait hem zijwaarts links op de grond.



Aanval: Uke buiklig

Tori grijpt met linkerhand de mouw vast, met rechterhand de broekspijp en draait Uke naar zich toe.



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

Kennis Wedstrijdreglement :

Basis (+ weet van verboden handelingen)

Wit / rood - wedstrijdzone (rode mat !)

puntentelling (koka, yuko, waza ari, ippon)

straffen (shido) - hajime - mate - osae komi -

Werken in beweging :

Tai-sabaki = grote verplaatsing van de voet
(vooruit/achteruit)

Tsukuri = voorbereiding

Kuzuchi = balansverstoring