

Tomoe Jeugd Examen Eisen tot Oranje Band (obi) J= Jodan, C = Chudan, G = gedan

	Witte Band Oranje Slip	Witte Band Blauwe Slip	Witte Band Gele Slip	Witte Band groene slip	Witte Band Bruine Slip	Witte Band Zwarte Slip	Oranje Band
Tachikata (standen)	Fudo dachi Yoi	Zenkutsu dachi			Sanchin dachi		
Tsuki (stoten/slagen)	Seiken tsuki (J/C/G)	Seiken Morote Tsuki (J/C/G)		Seiken Oi/Gyaku Tsuki (J/C/G)		Seiken Ago Tsuki	
Uke (weringen)		Seiken Mae Gedan Barai	Seiken Jodan Uke			Shuto Mae Gedan Barai	Shuto Jodan Uke
Keri (Schoppen)	Kin Geri		Hiza Geri		Mae Geri (C)		Mae Geri (J)
Ido (bovenstaande in beweging)		Combinaties J/C/G Tsuki	Zenkutsu Dachi - 1 techniek Maeni / Zagari	Zenkutsu Dachi 2/3 technieken Mawatte		Sanchin Dachi 1 techniek Maeni / Zagari	Sanchin Dachi 2/3 technieken Mawatte
Kata					Kihon Kata Sono Ichi	Taikyoku Sono-Ichi	Taikyoku Sono-Ni
Stamina (conditie/ kracht / doorzettingsve rmogen)	1 push-up 5 sit-ups 1 squat	2 push-ups 10 sit-ups 2 squats	3 push-ups 15 sit-ups 3 squats	4 push-ups 20 sit-ups 4 squats	5 push-ups 25 sit-ups 5 squats	10 push-ups 30 sit-ups 10 squats	15 push-ups 40 sit-ups 15 squats
Kumite (vechten)	Jiyu kumite (2x60)	Jiyu kumite (3x60)	Jiyu Kumite (4x60)	Jiyu Kumite (5x60)	Jiyu Kumite (7x 60) Ippon kumite (Jodan Uke)	Jiyu Kumite (9x60)	Jiyu Kumite (10x60)
Kokyu Ho (ademhaling)				Nogare Omote (7 in, 3 uit)	Nogare Ura (3 in, 5 vast, 7 uit)	Kiai	
Overige vaardigheden	30 sec planken		koprol		1 minuut planken	vrije koprol	Opspringen uit sheeza
Overige kennis	Obi knopen 1-10 tellen, japans	Tomoe Dojo	Kyokushinkai	Dojo Etiquette	Seiza		

Tomoe Jeugd Examen Eisen tot Blauwe Band (obi) J= Jodan, C = Chudan, G = gedan

	Oranje Band Blauwe Slip	Oranje Band Gele Slip	Oranje Band groene slip	Oranje Band Bruine Slip	Oranje Band Zwarte Slip	Blauwe Band
Tachikata (standen)	Musubi Dachi	Heiko Dachi Heisoku Dachi	Kokutsu Dachi	Kiba Dachi	Tsuru Ashi Dachi	Kumite no Kamae
Tsuki (stoten/slagen)	Seiken Shita Tsuki Seiken Kagi Tsuki	Seiken Tate Tsuki (J/C/G)	Hiji Ate (J/C)	Uraken Ganmen Uchi	Uraken Sayu Ganmen Uchi Uchi Uraken mawashi ganmen uchi	Uraken oroshi ganmen uchi
Uke (weringen)	Seiken Chudan Soto Uke	Seiken chudan Uchi Uke	Shuto Uchi Uke (C) Shuto Soto Uke (C)	Seiken uchi uke /gedan barai	Shuto uchi uke /gedan barai	Morote Chudan Uchi Uke
Keri (Schoppen)	Mae Keage	Yoko Keage	Uchi Mawashi Keage Soto Mawashi Keage	Kansetsu geri Mawashi geri (G/C)	Yoko geri (C)	Mawashi geri (J) Yoko Geri (J)
Ido (Kihon in beweging)	Combinatie van Sanchin / zenkutsu dachi		Kokutsu dachi	Combinatie: zenkutsu, sanchin, kokutsu dachi	Kiba Dachi	Combinatie + Kiba dachi
Kata			Taikyoku Sono San	Sokugi Taikyoku Sono Ichi	Sokugi Taikyoku Sono Ni	Sokugi Taikyoku Sono San
Renraku (gevechts combinaties)				Mae Geri, Chudan Gyaku Tsuki		Chudan Soto Uke, Mae Gedan barai, Chudan Gyaku Tsuki
Stamina (conditie/ kracht / doorzettingsvermogen)	15 / 40 / 15 push-ups, sit-ups, squats	15 / 40 / 15 push-ups, sit-ups, squats Ippon Kumite (Soto Uke)	20 / 45 / 20 push-ups, sit-ups, squats	25 / 45 / 25 push-ups, sit-ups, squats	25 / 45 / 25 push-ups, sit-ups, squats Ippon Kumite (uchi Uke)	30 / 50 / 30 push-ups, sit-ups, squats Tobi geri
Kumite (vechten)	Ippon Kumite (Soto Uke) Jiyu Kumite (10x60)	Ippon Kumite (Uchi Uke) Jiyu Kumite (10x60)	Yakusoku Kumite Sambon Kumite Jiyu Kumite (10x60)	Jiyu Kumite (10x60)	Jiyu Kumite (10x60)	Jiyu Kumite (10x60)
Kokyu Ho (ademhaling)						
Overige vaardigheden			vrije koprol, zonder handen		Handstand met hulp	

Overige kennis						
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Tomoe Jeugd Exameneisen tot Gele Band

	blauwe Band Gele Slip	Blauwe Band groene slip	Blauwe Band Bruine Slip	Blauwe Band Zwarte Slip	Gele Band
Tachikata (standen)	Uchi Hachiji Dachi	Neko Ashi Dachi	Shiko Dachi	Kake Ashi Dachi	
Tsuki (stoten/slagen)	Tettsui Komi Kami Tettsui Oroshi Ganmen Uchi Tettsui Hizo Uchi	Tettsui Yoko Uchi Mae (J /C/ G)	Tettsui Yoko Uchi (J/C/G)	Shuto: Yoko Ganmen uchi Hizo uchi Jodan Uchi Uchi	Shuto Sakotsu Uchi Shuto Sakotsu Uchi Komi Yonhon Nukite (J /C)
Uke (weringen)		Shuto Mawashi Uke	Mae Shuto Mawashi Uke	Enkei Gyaku Tsuki	Mawashi Gedan Barai Jodan shuto Uchi Uke
Keri (Schoppen)	Jodan Uchi Heisoku Geri	Ago Jodan Geri	Ushiro Geri (J / C / G) 3 methods	Ushiro Mawashi Geri (G / C)	Ushiro Mawashi Geri (J)
Ido (bovenstaandein beweging)	Neko Ashi Dachi			Kake Ashi Dachi	
Kata		Pinan Sono Ichi	Sanchin No Kata	Pinan Sono Ni	Pinan Sono San
Renraku (gevechts combinaties)					
Stamina (conditie/ kracht / doorzettingsvermogen)	30 / 50 / 30 push-ups, sit-ups, squats	30 / 50 / 30 push-ups, sit-ups, squats	35 / 55 / 35 push-ups, sit-ups, squats Tobi geri + 10 cm.	35 / 55 / 35 push-ups, sit-ups, squats	40 / 60 / 40 push-ups, sit-ups, squats Tobi Geri + 15 cm.
Kumite (vechten)	Jiyu Kumite (11x60)	Jiyu Kumite (12x60)	Jiyu Kumite (13x60)	Jiyu Kumite (14x60)	Jiyu Kumite (15x60)
Kokyu Ho (ademhaling)			Ibuki Sankai		

Tomoe Jeugd Exameneisen tot groene band

	Gele Band groene slip	Gele Band Bruine Slip	Gele Band Zwarte Slip	Groene Band
Tachikata (standen)	Moro Ashi Dachi			
Tsuki (stoten/slagen)	Shotei Uchi (J/C/G) Age Hiji Ate (J/C)	Oroshi Hiji Ate Jun Tsuki (J/C/G)	Koken Uchi (J/C/G)	Mae Hiji Ate (J/C) Haishu Uchi (J/C)
Uke (weringen)	Seiken/Shuto Juji Uke (J/G)	Shotei Uke (J/C/G)	Koken Uke (J/C/G)	
Keri (Schoppen)		Oroshi Uchi Kakato Geri	Oroshi Soto Kakato Geri	Kake Geri (J/C?G)
Ido (bovenstaandein beweging)		Moro Ashi dachi		Ura ido
Kata	Pinan Sono Yon	Taikyoku Sono Ichi Ura	Taikyoku Sono Ni Ura Taikyoku Sono San Ura	Pinan Sono Go
Renraku (gevechts combinaties)				Mae Geri, Yoko Geri, Ushiro Geri, Chudan Gyaku Tsuki
Stamina (conditie/ kracht / doorzettingsvermogen)	45 / 55 / 45 push-ups, sit-ups, squats	45 / 55 / 45 push-ups, sit-ups, squats	50 / 70 / 50 push-ups, sit-ups, squats	50 / 70 / 50 push-ups, sit-ups, squats
Kumite (vechten)	Jiyu Kumite (15x60)	Jiyu Kumite (15x60)	Jiyu Kumite (15x60)	Jiyu Kumite (15x60)
Kokyu Ho (ademhaling)				
Overige vaardigheden				
Overige kennis				