

Examenprogramma Karate-do kinderen (6 tot 12 jaar)
Gakushi 8ste rang (8 Kyu) tot en met Gakushi 1^{ste} rang (1 Kyu)

Graad	8-7-6 kyu	5 kyu	4 kyu	3 kyu	2 kyu	1 kyu
Kihon Dachi	Zenkutsu Hachiji Musubi	Heiko Kiba Kokutsu	Shiko Neko ashi Kihon	Kake Teiji	Fudo Sanchin	Hangetsu Sochin
Uke	Gedan barai Age uke Shuto uke	Soto uke Uchi uke Empi uke	Teisho uke Haishu uke Otooshi uke Kake uke Morote uke Te osae uke	Kakiwake uke Uchi komi Tate shuto uke Te nagashi Kakuto uke	Juji uke Nagashi uke Nami ashi uke Mae ude hineri uke	Awase uke Tsukame uke Seiryuto uke Sukui uke Tekubi kake uke Ashibo kake uke
Zuki	Oi zuki	Gyaku zuki Maite zuki	Tate zuki Sanbon zuki	Ura zuki Kizami zuki Mawashi zuki	Kagi zuki Nagashi zuki Hasami zuki	Heiko zuki Awase zuki Yama zuki
Uchi		Tettsui uchi	Uraken uchi	Empi uchi Haito uchi	Seiryuto uchi Kumade uchi	Keito uchi
Keri	Mae geri	Mawashi geri	Yoko geri Mikazuki geri	Hittsui geri Fumikomi	Ushiro geri Ura mawashi geri	Tobi geri Nidan geri
Waza			Renzoku waza	Kawashi waza	Nage waza	Kansetsu waza
Kata	Heian shodan	Heian nidan	Heian sandan	Heian yondan	Heian godan Tekki shodan	Bassai Dai
Kumite		Gohon kumite	Sanbon kumite	Ippon kumite	Jiyu ippon kumite	Jiyu kumite
Kumite kata				Reeks 1	Reeks 1-2	Reeks 1-2-3

Examenprogramma Karate-do jeugd en volwassenen
Gakushi 8^{ste} (8 Kyu) tot en met Gakushi 1^{ste} rang (1 Kyu)

Graad	8-7-6 kyu	5 kyu	4 kyu	3 kyu	2 kyu	1 kyu
Kihon Dachi Kamae	Zenkutsu Hachiji Musubi	Heiko Kiba Kokutsu	Shiko Neko ashi Kihon Tengu no kamae	Kake Teiji Tengu no kamae	Fudo Sanchin Happo moku	Hangetsu Sochin Shiho no kamae
Uke	Gedan barai Age Shuto	Soto Uchi Empi uke	Teisho Haishu Otoshi Kake Morote Te osae	Kakiwake Uchi komi Tate shuto Te nagashi Kakuto	Juji Nagashi Nami ashi Mae ude hineri	Awase Tsukame Seiryuto Sukui Tekubi kake Ashibo kake
Zuki	Oi	Gyaku Maite	Tate Sanbon Ura	Kizami Mawashi	Kagi Nagashi Hasami	Heiko Awase Yama
Uchi		Tettsui	Uraken Haito	Empi	Seiryuto Kumade	Keito
Keri	Mae	Yoko g	Mawashi Mikazuki	Hittsui Fumikomi	Ushiro Ura mawashi	Tobi Nidan
Waza			Renzoku	Kawashi	Nage	Kansetsu
Kata	Heian shodan-nidan	Heian sandan	Heian yondan	Heian godan	Tekki shodan	Bassai Dai
Kumite	Gohon kumite	Sanbon kumite	Ippon kumite (Tengu no kamae)	Ippon kumite (Tengu no kamae)	Jiyu ippon kumite (Happo moku)	Jiyu kumite
Kumite kata				Reeks 1	Reeks 1-2	Reeks 1-2-3

Examenprogramma **Kobudo** jeugd en volwassenen
Gakushi 5^{de} rang (5 Kyu) tot en met Gakushi 1^{ste} rang (1 Kyu) – BO

Graad	5 kyu	4 kyu	3 kyu	2 kyu	1 kyu
Kihon Dachi	Zenkutsu Musubi Heisoku	Kiba Shiko Kihon	Kake Shumoku Kokutsu	Neko ashi Sagi ashi Tsuru ashi	Alle dachi
Uke	Soto uke Uchi uke Morote age uke	Kake uke Yoko uke	Tate uke Harai uke	Nagashi uke Otoshi uke Sukui uke	Otoshi morote uke Jodan nagashi uke Jodan yoko uke
Zuki	Oi zuki Gyaku zuki	Zuki komi	Nuki zuki	Zuki otoshi	Alle zuki
Uchi	Yoko uchi Tate uchi	Furiage uchi Gedan uchi	Ura uchi	Yose nigiri uchi	Alle uchi
Kamae	Yoi kamae Migi kamae	Naore	Chudan kamae Gedan kamae Jodan kamae	Waki kame Hasso kamae	Alle kamae
Waza		Renzoku waza	Renzoku waza	Renzoku waza	Renzoku waza
Kata	Renshu shodan	Renshu nidan	Renshu sandan		
Kumite	Sanbon bo-bo	Sanbon bo-bo	Ippon bo-bo Tamano 1-2	Ippon bo-bo Tamano 3-4	Ippon bo-bo Tamano 5-6
				San Nin Kumite (Reeks 1)	San Nin Kumite (Reeks 1)