Definittieve techniekindeling
29 september 2026

Voor thema 2

Atemi Waza	1e dan	2e dan	3e dan	4e dan	5e dan
teisho-tsuki	X				
shuto		X			
nukite-tsuki			X		
toho-tsuki			X		
haito-uchi		X			
oi tsuki of jun-tsuki	X				
gyaku tsuki	X				
ura ken / uraken-uchi		X			
(ura) age tsuki / opstoot		X			
kagi tsuki / vuiststoot / mawashi-tsuki	X				
mai empi		X			
mawashi empi	X				
yoko empi	X				
ushiro empi			X		
otoshi empi			X		
age empi			X		
atama ate / mae-atama-tsuki		X			
atama ushiro / ushiro-atama-tsuki		X			
hiza geri	X				
mawashi hiza geri			X		
mae geri	X				
kin geri	X				
mawashi geri	X				
keikotsu geri/low kick	X				
yoko geri	X				
ushiro geri		X			
kagato geri		X			
tettsui uchi			X		
mae tobi geri			X		

Classified as Internal | Intern

	ganmen hiza geri/slagkniestoot	X				
	nagashi tsuki/ontwijkende stoot			X		
	ushiro mawashi geri			X		
	ura mawashi geri		X			
Voor thema 2	Uke waza					
	teisho uke			X		
	osae uke			X		
	te nagashi uke		X			
	shuto uke			X		
	age uke		X			
	gedan barai	X				
	soto uke		X			
	uchi uke		X			
	kake uke			X		
	otoshi uke		X			
	juji uke jodan			X		
	juji uke gedan			X		
	morote uke jodan		X			
	morote uke gedan		X			
	soto gedan barai			X		
	Uchi gedan barai			X		
	nagashi hiji uke			X		
	empi uke		X			
	nami uke		X			
	ashi uke			X		
	mika mawashi uke			X		
	Mae kekomi geri		X			
	Ashi waza					
	o soto otoshi				X	
	o soto gari	X				
	o uchi gari	X				
	ko uchi gari		X			
	hiza guruma		X			

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ko soto gake		X			
de ashi barai	X				
o kuri ashi barai		X			
sasae tsuri komi ashi			X		
ashi guruma			X		
o-guruma			X		
ushiro ura ashi barai				X	
ushiro o uchi gari				X	
Koshi waza					
uki goshi		X			
o goshi	X				
kubi nage / Koshi-guruma zonder nek/been	X				
sode tsuri komi goshi			X		
ushiro goshi	X				
harai goshi			X		
hane goshi/vleugelheup			X		
uchi mata		X			
utsuri goshi/wisselheupworp				X	
yama arashi/berg stormheup				X	
Te waza					
kaiten nage	X				
Ryo/rio ashi dori Morote-gari		X			
shiho nage	X				
kata ashi dori	X				
tai otoshi		X			
rio ashi dori ushiro / ushiro-ryo-ashi-dori				X	
iremi nage		X			
ushiro kubi nage				X	
kiri otoshi				X	
ude kime nage				X	
hiji otoshi				X	
uki otoshi				X	
uchi-kata-ashi-dori			X		

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ushiro-kata-ashi-dori			X		
kubi-irimi-nage				X	
yoko-sukui-nage		X			
ushiro-sukui-nage		X			
mae-sukui-nage			X		
morote-kubi-nage			X		
Seoi waza					
ippon seoi nage	X				
seoi otoshi	X				
morote ude juji seoi nage			X		
kata guruma			X		
soto kata seoi nage			X		
age seoi otoshi		X			
ashi seoi nage				X	
Sutemi waza					
sumi gaeshi	X				
yoko guruma	X				
tani otoshi	X				
ko uchi maki komi		X			
yoko tomoe nage		X			
tomoe nage	X				
tobi kani basami			X		
mae tawara gaeshi				X	
soto maki komi		X			
yoko wakare				X	
ushiro tawara gaeshi				X	
hane maki komi			X		
ura nage				X	
yoko-guruma	X				
Yoko-gake			X		
yoko-otoshi				X	
uki-waza			X		
Ude hishigi waza					

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ude osae (gatame)	X				
kanuki gatame		X			
kata gatame	X				
kubi gatame	X				
mune gatame	X				
waki gatame	X				
hiza ude gatame / ude-hishigi-hiza-gatame	X				
ude hishigi juji gatame	X				
yoko ude hishigi juji gatame		X			
tate ude hishigi juji gatame	X				
ude-hishigi-ude-gatame	X				
ude-hishigi-ashi-gatame		X			
hara gatame	X				
gyaku hara gatame		X			
morote-juji-ude-hishigi (armen vouwen)			X		
Kuzure-ude-hishigi-juji-gatame		X			
Ude garami waza					
Ude garami neerwaarts	X				
seoi ude garami (nek er bij pakken)		X			
soto ude garami		X			
seoi ashi ude		X			
tate ude garami / ude garami tate	X				
soto ude garami		X			
ude kubi garami / kubi ude garami		X			
ude seoi age garami (opwaarts)	X				
gyaku juji age garami			X		
gyaku soto ude garami			X		
ashi ude garami		X			
Kote kansetsu waza					
kote gaeshi	X				
kote mawashi	X				
kuzure kote mawashi (z-klem)		X			
te kubi kote gaeshi		X			

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kote hineri	X				
kuzure te kubi gaeshi/osae			X		
ura te kubi kote gaeshi		X			
kuzure kote hineri			X		
gyaku kote mawashi		X			
morote te kubi osae/seoei				X	
tsuki-kote-gaeshi		X			
Yubi kansetsu waza					
yubi hishigi/vingers overstrekt		X			
vinger/duim gestrekt/gebogen		X			
vinger/duim gebogen/gestrekt		X			
Kubi kansetsu waza					
atama ago gaeshi		X			
kanuki kubi hishigi		X			
kubi hishigi/nek overstrekken		X			
kubi-gaeshi		X			
kubi-hishigi		X			
ashi-kubi-hishigi		X			
Ashi hishgi kansetsu waza					
ashi hishigi juji gatame	X				
kanuki ashi hishigi gatame		X			
koshi kansetsu		X			
kakato-gaeshi		X			
Ashi garami					
hiza garami	X				
morote hiza garami			X		
te ashi garami	X				
ashi kanuki garami moet zijn hishigi		X			
Koshi-garami		X			
Ashi-hishigi-juji			X		
uchi-kata-ashi-hishigi			X		
Yoko-ashi-garami				X	
Koshi-gaeshi		X			

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Hasami waza					
kani basami		X			
koshi basami		X			
hiza basami		X			
morote basami		X			
kubi basami		X			
te osae hiza basami		X			
Jime waza					
hadaka jime	X				
ushiro jime		X			
kata te jime	X				
kata ha jime	X				
kata te juji jime / kata juji jime	X				
kata te jime		X			
kata ashi jime / ashi-jime	X				
sankaku jime	X				
tsukomi jime			X		
gyaku kata ha jime		X			
ushiro sankaku ashi jime		X			
ashi juji jime				X	
morote jime			X		
okuri eri jime	X				
do jime			X		
ohten jime				X	
tate-hadaka-jime				X	
Nami-juji-jime	X				
Gyaku juji jime	X				
Newaza					

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