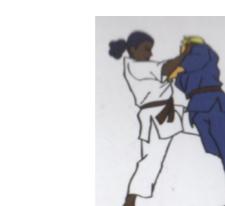
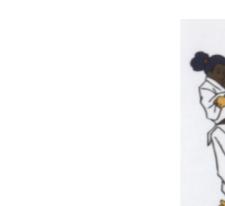
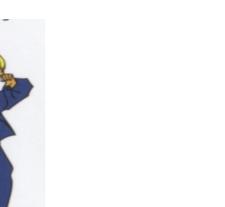
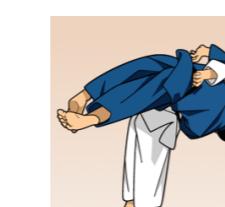
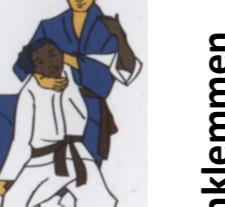
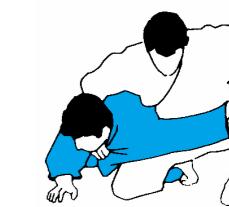
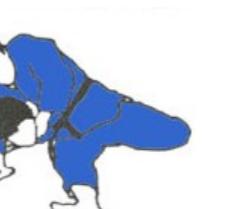
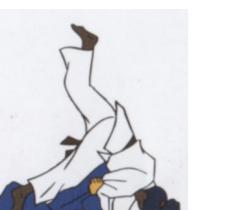
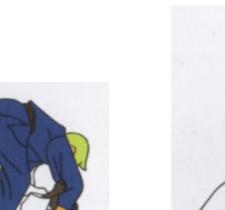
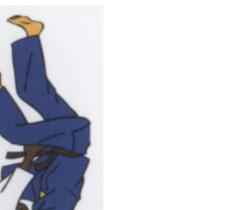
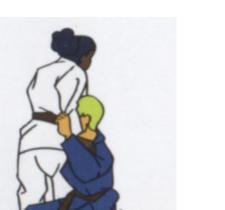




# Exameneisen



worpen						houdgrepes			omstrekkingen			armklemmen			
worpen									omstrekkingen			armklemmen			
worpen						houdgrepes			omstrekkingen			armklemmen			
worpen						houdgrepes			omstrekkingen						
worpen									omstrekkingen						
spelsituaties						kata									<ul style="list-style-type: none"> <li>3 series nage-no-kata: vormen van werpen.</li> <li>katame-no-kata: vormen van controle.</li> <li>go-no-sen: vormen van overnemen.</li> </ul>