

CABN Exameneisen 6e kyu

Houding	(Aanvals) Vorm	Techniek
Tachi waza & Suwari waza	Tandoku dosa	Mae ukemi chokuto Yoko ukemi chokuto Ushiro ukemi kaiten yoko Ukemi kaiten ushiro
Tachi waza	Tandoku dosa	Kamae hidari hanmi Kamae migi hanmi Taisabaki irimi Taisabaki tenkan Taisabaki tenkai Taisabaki kaiten Taisabaki irimi tenkan Torifune furitama ikkyo undo
Suwari waza	Tandoku dosa	Shikko
Tachi waza	Gyakuhanmi katate dori	Taisabaki irimi Taisabaki tenkan ikkyo (Omote & Ura) Shiho nage (Omote & Ura)
Tachi waza	Aihanmi katate dori	Ikkyo (Omote & Ura)
Tachi waza & Suwari waza	Shomen uchi	Ikkyo (Omote & Ura) Irimi nage (Omote & Ura)
Suwari waza	Aihanmi katate dori	Ikkyo (Omote & Ura)
Suwari waza	Ryote dori	Kokyo ho
Tachi waza	Ryote dori	Kokyuryoku tenkan ho Haishin undo

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Houding	(Aanvals) Vorm	Techniek
Tachi waza	Morote dori	Kokyoryoku yoshei ho (Ura & Sokomen)
Tachi waza	Gyakuhanmi katate dori	Taisabaki uchi kaiten Taisabaki uchi irimi Nikkyo (Omote & Ura) Uchi kaiten kokyo nage Uchi kaiten nage Soto kaiten nage
Tachi waza	Kata dori	Nikkyo (Omote & Ura) Kote geashi (Omote & Ura) Shiho nage (Omote & Ura)
Tachi waza & Suwari waza	Kata dori Mune dori Sode dori	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura)
Tachi waza & Suwari waza	Shomen uchi	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Irimi nage (Omote & Ura)
Tachi waza	Yokomen uchi	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Shiho nage (Omote & Ura)
Tachi waza	Ryote dori	Taisabaki shiho nage Taisabaki tenchi nage Taisabaki sokomen Taisabaki ushiro dori Taisabaki senobi Ikkyo (Omote & Ura) Nikkyo (Omote & Ura)

CABN Exameneisen 4e kyu

Houding	(Aanvals) Vorm	Techniek
Tachi waza	Tandoku dosa	Taisabaki irimi tenkan Taisabaki irimi tenkan uchi-irimi
Tachi waza	Gyakuhanmi katate dori	Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura) Tench nage (Omote & Ura) Sumi otoshi
Tachi waza	Aihanmi katate dori	Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Kote gaeshi (Omote & Ura)
Tachi waza	Yokomen uchi	Sankyo Yonkyo Ude kimi nage
Suwari waza	Yokomen uchi	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura)
Tachi waza	Chudan tsuki	Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura) Sumi otoshi Uchi kaiten sankyo
Tachi waza	Ryote dori	Sankyo (Omote & Ura) Ude kimi nage Kokyo nage

CABN Exameneisen 3e kyu

Houding	(Aanvals) Vorm	Techniek
Tachi waza	Gyakuhanmi katate dori	Jiyu waza Kokyo nage irimi Kokyo nage tenkan Kokyo nage kaiten Kokyo nage sokomen
Hanmi handachi waza	Gyakuhanmi katate dori	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura) Shiho nage (Omote & Ura)
Tachi waza	Kata dori men uchi	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura) Kokyu nage
Tachi waza	Shomen uchi	Gokyo (Omote & Ura) Irimi nage (Omote & Ura) Uchi kaiten nage Soto kaiten nage Sumi otoshi
Tachi waza	Yokomen uchi	Gokyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura)
Tachi waza	Chudan tsuki	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Gokyo (Omote & Ura) Uchi kaiten nage Soto kaiten nage
Tachi waza	Ryote dori	Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura)
Tachi waza	Morote dori	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Shiho nage (Omote & Ura)

Kote gaeshi (Omote & Ura)
Uchi kaiten nage
Soto kaiten nage
Kokyo nage

Tachi waza

Ushiro mune dakeshime

Shiho nage (Omote & Ura)
Kote gaeshi (Omote & Ura)

CABN Examineisen 2e kyu

Houding	(Aanvals) Vorm	Techniek
Tachi waza	Gyakuhanmi katate dori	Koshi nage Ude garami nage Jiyu waza
Tachi waza	Aihanmi katate dori	Koshi nage Ude garami nage Jiyu waza
Suwari waza	Kata dori men uchi	Kote gaeshi (Omote & Ura)
Hanmi handachi waza	Shomen uchi	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Gokyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura) Sumi otoshi
Suwari waza	Chudan tsuki	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Gokyo (Omote & Ura) Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura) Soto kaiten nage
Tachi waza	Ryote dori	Jiyu waza
Hanmi handachi waza	Morote dori	Shiho nage (Omote & Ura)
Tachi waza	Ushiro waza: - Ryo kata dori - Ryo katate dori - Mune dakeshime	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Shiho nage (Omote & Ura) Kote gaeshi (Omote & Ura) Ude garami nage Kokyo nage

CABN Examineisen 1e kyu

Houding	(Aanvals) Vorm	Techniek
Tachi waza	Alle aanvalsvormen	Koshi nage
Tachi waza Hanmi handachi waza Suwari waza	Alle aanvalsvormen	Jiyu waza
Tachi waza	Kata dori Mune dori Sode dori Hodan tsuki	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Koshi nage Irimi nage (Omote & Ura) Kote gaeshi (Omote & Ura)
Tachi waza	Shomen uchi (Uchi irimi tenkan)	Kokyo nage Shiho nage Ude garami nage
Hanmi handachi waza	Ushiro ryo kata dori	Ikkyo (Omote & Ura) Nikkyo (Omote & Ura) Sankyo (Omote & Ura) Yonkyo (Omote & Ura) Shiho nage (Omote & Ura) Uchi kaiten nage Soto kaiten nage

CABN Exameneisen Shodan

Houding	(Aanvals) Vorm	Techniek
Tachi waza	Alle aanvalsvormen	Koshi nage (jiyu waza)
Tachi waza Hanmi handachi waza Suwari waza	Alle aanvalsvormen	Jiyu waza
Tachi waza	Tanto dori	Jiyu waza
Tachi waza	Furitari gake	Jiyu waza
Tachi waza	Furitari dori	Jiyu waza

Tevens dient er een artikel ingeleverd te worden over Aikido of een daaraan gerelateerd onderwerp.