



Shotokan KARATE club Etten-Leur

Versie september 2023

PROGRAMMA SHINHANBO JUTSU HOLLAND.						
Module 1 Hanbo Jutsu	5 kyu	4 kyu	3 kyu	2 kyu	1 kyu	1 Dan
Kihon: kamae,uke, seme						
Kihon Kata						
Routine kihon keuze (8)						
Kata: Sanjaku Hanbo						
Kata: Bunkai keuze (4)						
Ippon Kumite 1-10						
15 basic Bo-hanbo						
Renzoku Kumite (3)						
Shiai Hanbo – Bo (safety)						
Module 2 Bo Jutsu						
Kihon: kamae,uke,seme.						
Kihon kata						
Routine Kihon keuze (8)						
Kata: Shuji Sho en Dai						
Kata: Bunkai keuze (4)						
Ippon Kumite 1-10						
15 basic kumite Bo-Bo						
Shiai Bo – Bo						
Module 3 Tanbo Jutsu						
Kihon Kata						
Routine Kihon keuze (8)						
Kata: Tanbo						
Kata: Bunkai keuze (5)						
Ippon kumite 1-15						
Renzoku kumite (3)						
1e Dan alle modules						