

VORMINGSHEMA RYU TENGU-NO-MICHI



Het is gebleken dat de integratie van de traditionele vormen van karate-do binnen het concept Tengu-ryu-karate-do niet eenvoudig is. Enerzijds moeten de traditionele methoden en waarden gerespecteerd worden om in een gevecht geloofwaardig te blijven en te kunnen overleven, anderzijds eist de moderne maatschappij een andere mentale en technische benadering van deze traditionele vormen.

Omdat menige sensei het juiste evenwicht niet meer vinden in de opleiding van hun leerlingen kan dit schema een hulpmiddel zijn.

Via bladwijzers kan de gewenste graad bereikt worden.









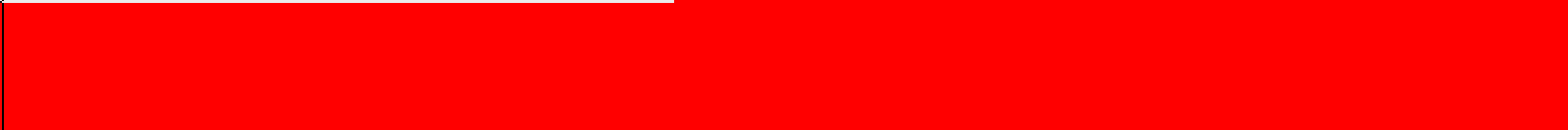
De in de roosters onderlijnde technieken moeten gekend zijn voor de overgang naar de volgende graad Kyu.

Samenstelling document: Daniel TRAWHEELS

gebaseerd op lesindeling opgemaakt door Expert Alex HAUWAERT (08/12/2000)

& Boek « Tengu-Ryu Karate-do » van Soke Roland Habersetzer.

SCHEMA: VAN 9KYU (GAKUSHI) TOT 1 DAN

<p>KIHON WAZA KATA KUMITE KUMITE KATA</p>							
<p>BASISVORM</p>							
<p>TENGU</p>							

DOMEIN	9 KYU (GAKUSHI)	8 KYU (GAKUSHI) I	7 KYU (GAKUSHI) II	6 KYU (GAKUSHI) III
KIHON	<p>GEDAN BARAI SHUTO UKE - AGE UKE MAWATE</p> <p>OI ZUKI</p> <p>SHUTO UCHI</p> <p>ZENKUTSU DACHI HACHI - HEIKO - MUSUBI DACHI</p>	<p>9 KYU + SOTO UKE HIDARI / MIGI KAMAE HANMI GAMAE</p> <p>GYAKU ZUKI (Ter Plaatsse) MAITE ZUKI TETTSUI UCHI</p> <p>KIBA DACHI - KOKUTSU DACHI</p> <p>MAE GERI</p>	<p>8 KYU + UCHI UKE EMPI UKE TEISHO UKE</p> <p>GYAKU ZUKI (Beweging) TATE ZUKI URAKEN UCHI</p> <p>(H) KIBA DACHI - KOKUTSU DACHI</p> <p>YOKO GERI</p>	<p>7 KYU + TE OSAE UKE MOROTE UKE</p> <p>SANBON ZUKI URA ZUKI HAITO UCHI - TATE EMPI UCHI</p> <p>KOKUTSU DACHI - SHIKO DACHI</p> <p>MAWASHI GERI</p>
KATA	<p>TAIKYOKU 1 HEIAN SHODAN</p>	<p>TAIKYOKU 2 - 3 HEIAN SHODAN</p>	<p>HEIAN SHODAN HEIAN NIDAN (elementen)</p>	<p>HEIAN SHODAN HEIAN NIDAN (embusen)</p>
KUMITE			GOHON	<u>GOHON</u>
KUMITE KATA			<p>REEKS 1 Onderdelen per rol</p>	<p>REEKS 1 Rollen</p>
TENGU	HISTORIEK - PRINCIPES	HISTORIEK - PRINCIPES	TENGU NO KAMAE	TENGU NO KAMAE

DOMEIN	5 KYU (GAKUSHI)	5 KYU (GAKUSHI) I	5 KYU (GAKUSHI) II	5 KYU (GAKUSHI) III
KIHON	HERHALING UKE: GEDAN BARAI / AGE / SOTO /UCHI TE OSAE /EMPI / MOROTE ZUKI: OI-GYAKU (HIKITE!) / SANBON / URA UCHI: SHUTO / URAKEN / TETSUI / HAITO DACHI: ZENKUTSU /KOKUTSU /KIBA / SHIKO GERI: MAE / MAWASHI / YOKO		NIEUW <u>HAISHU UKE / OTOSHI UKE / GEDAN KAKE UKE / TEISHO UKE</u> KIZAMI ZUKI / MAWASHI ZUKI MAE EMPI UCHI / YOKO EMPI UCHI <u>NEKO ASHI DACHI / KIHON DACHI</u> <u>MIKAZUKI GERI / MAWASHI HITSUI GERI</u> <u>TATE ZUKI / KIZAMI ZUKI / NAGASHI ZUKI</u> (H) KIBA DACHI / <u>SHIKO DACHI</u>	
KATA	HEIAN SANDAN (elementen) HEIAN NIDAN	HEIAN SANDAN (embusen) HEIAN NIDAN	HEIAN SANDAN HEIAN NIDAN HEIAN SHODAN	<u>HEIAN SANDAN</u> <u>HEIAN NIDAN</u> HEIAN SHODAN
KUMITE	SANBON	SANBON	SANBON IPPON	<u>SANBON</u> IPPON
KUMITE KATA	REEKS 1 Beide rollen	REEKS 2 Onderdelen - Per rol Herhaling REEKS 1	REEKS 2 Herhaling REEKS 1	REEKS 2 REEKS 1
WAZA	RENZOKU Gedan Barai - Age/Uchi/Soto Uke	RENZOKU Gedan Barai - Age/Uchi/Soto Uke	RENZOKU Gedan Barai - Age/Uchi/Soto Uke + Oi Zuki / Gyaku Zuki	<u>RENZOKU</u> Gedan Barai - Age/Uchi/Soto Uke + Oi Zuki / Gyaku Zuki
TENGU	TENGU NO KAMAE VIER RICHTINGEN (INTRO MA) (TENGU-SHIHO-NO-KAMAE)	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA)	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA)	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA)

DOMEIN	4 KYU (GAKUSHI)	4 KYU (GAKUSHI) I	4 KYU (GAKUSHI) II	4 KYU (GAKUSHI) III
KIHON	<p style="text-align: center;">HERHALING</p> <p style="text-align: center;">UKE: GEDAN BARAI / AGE / SOTO / UCHI TE OSAE / EMPI / MOROTE / OTOSHI / TEISHO / KAKE</p> <p style="text-align: center;">ZUKI: OI-GYAKU (HIKITE!) / SANBON / URA / <u>KIZAMI</u> / <u>MAWASHI</u></p> <p style="text-align: center;">UCHI: SHUTO / URAKEN / TETSUI / HAITO / <u>EMPI</u></p> <p style="text-align: center;">DACHI: ZENKUTSU / KOKUTSU / KIBA / SHIKO / NEKO ASHI</p> <p style="text-align: center;">GERI: MAE / MAWASHI / YOKO / MIKAZUKI</p>			<p style="text-align: center;">NIEUW</p> <p style="text-align: center;"><u>KAKIWAKE UKE</u> / <u>KAKUTO UKE</u> <u>UCHI KOMI UKE</u> <u>TATE SHUTO UKE</u> / <u>TE NAGASHI UKE</u> KAGI ZUKI / NAGASHI ZUKI OTOSHI UCHI / USHIRO EMPI UCHI <u>TEJI DACHI</u> / <u>KAKE DACHI</u> <u>HITSUI GERI</u> / <u>GYAKU MIKAZUKI GERI</u> / <u>FUMIKOMI GERI</u></p>
KATA	HEIAN YONDAN (elementen) HEIAN SANDAN	HEIAN YONDAN (embusen) HEIAN SANDAN HEIAN SHODAN/NIDAN	HEIAN YONDAN HEIAN SANDAN HEIAN SHODAN/NIDAN INTRO: HAPPOREN NO KATA	<u>HEIAN YONDAN</u> <u>HEIAN SANDAN</u> HEIAN SHODAN/NIDAN INTRO: HAPPOREN NO KATA
KUMITE	IPPON	IPPON	IPPON	<u>IPPON</u>
KUMITE KATA	REEKS 2 Onderdelen reeks Herhaling REEKS 1	REEKS 2 Per rol Herhaling REEKS 1	REEKS 2 Herhaling REEKS 1	REEKS 2 <u>REEKS 1</u>
WAZA	RENZOKU Gedan Barai - Age/Uchi/Soto Uke + Oi Zuki / Gyaku Zuki / Empi / Uraken Mae geri/Mawashi geri	RENZOKU Gedan Barai - Age/Uchi/Soto Uke + Oi Zuki / Gyaku Zuki / Empi / Uraken Mae geri/Mawashi geri	KAWASHI + Gedan Barai - Age/Uchi/Soto Uke + Oi Zuki / Gyaku Zuki / Empi / Uraken Mae geri/Mawashi/Yoko geri	<u>KAWASHI +</u> Gedan Barai - Age/Uchi/Soto Uke + Oi Zuki / Gyaku Zuki / Empi / Uraken Mae geri/Mawashi/Yoko geri
TENGU	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA)	TENGU-SHIHO-NO-KAMAE (MA) HAPPO MOKU (principes)	TENGU-SHIHO-NO-KAMAE (MA) HAPPO MOKU	<u>TENGU-SHIHO-NO-KAMAE (MA)</u> HAPPO MOKU

DOMEIN	3 KYU (GAKUSHI)	3 KYU (GAKUSHI) I	3 KYU (GAKUSHI) II	3 KYU (GAKUSHI) III
KIHON	<p style="text-align: center;">HERHALING</p> <p>UKE: GEDAN BARAI / AGE / SOTO /UCHI / EMPI TE OSAE / MOROTE / OTOSHI / TEISHO / KAKE / KAKUTO</p> <p>ZUKI: OI-GYAKU (HIKITE!) / SANBON / URA / KIZAMI / MAWASHI / TATE</p> <p>UCHI: SHUTO / URAKEN / TETTSUI / HAITO / EMPI / OTOSHI</p> <p>DACHI: ZENKUTSU /KOKUTSU /KIBA / SHIKO / NEKO ASHI / KAKE / TEIJI</p> <p>GERI: MAE / MAWASHI / YOKO / MIKAZUKI / FUMIKOMI / HITSUI</p>		<p style="text-align: center;">NIEUW</p> <p><u>HAIWAN NAGASHI UKE / MAE UDE HINERI UKE / NAMI ACHI UKE</u> <u>GEDAN JUJI UKE / JODAN JUJI UKE</u></p> <p><u>KAGI ZUKI / HASAMI ZUKI / HEIKO ZUKI / NAGASHI ZUKI</u></p> <p>UDE BARAI UCHI / <u>KUMADE UCHI / SEIRYUTO UCHI</u></p> <p>KAKE DACHI / <u>SANCHIN DACHI / FUDO DACHI</u></p> <p><u>USHIRO GERI / URA MAWASHI GERI</u></p>	
KATA	HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN HAPPOREN NO KATA (embusen)	HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN HAPPOREN NO KATA (embusen)	TEKKI SHODAN (elementen) HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN HAPPOREN NO KATA	TEKKI SHODAN (embusen) <u>HEIAN YONDAN/GODAN</u> HEIAN SANDAN/NIDAN/SHODAN HAPPOREN NO KATA
KUMITE	IPPON/JIYU KUMITE	IPPON/JIYU KUMITE	IPPON/JIYU KUMITE/JIYU IPPON	IPPON/JIYU KUMITE/ <u>JIYU IPPON</u>
KUMITE KATA	REEKS 3 Onderdelen reeks Herhaling REEKS 1	REEKS 3 Per rol Herhaling REEKS 1	REEKS 3 Herhaling REEKS 2	REEKS 3 <u>REEKSEN 1 / 2</u>
WAZA	RENZOKU/KAWASHI/NAGE Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/ <u>NAGE</u> Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko
TENGU	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA) HAPPO MOKU	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA) HAPPO MOKU	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA) HAPPO MOKU	TENGU NO KAMAE TENGU-SHIHO-NO-KAMAE (MA) HAPPO MOKU

DOMEIN	2 KYU (GAKUSHI)	2 KYU (GAKUSHI) I	2 KYU (GAKUSHI) II	2 KYU (GAKUSHI) III
KIHON	HERHALING UKE: GEDAN BARAI / AGE / SOTO /UCHI / EMPI / NAMI ACHI TE OSAE / MOROTE / OTOSHI / TEISHO / KAKE / KAKUTO / JUJI ZUKI: OI-GYAKU (HIKITE!)/ SANBON / URA / KIZAMI / MAWASHI / TATE KAGI / HASAMI / HEIKO / NAGASHI UCHI: SHUTO / URAKEN / TETSUI / HAITO / EMPI / OTOSHI KUDAME / SEIRYUTO DACHI: ZENKUTSU /KOKUTSU /KIBA / SHIKO / NEKO ASHI / KAKE / TEIJI KAKE / SANCHIN / FUDO GERI: MAE / MAWASHI / YOKO / MIKAZUKI / FUMIKOMI / HITSUI USHIRO / URA MAWASHI		NIEUW <u>SOKUMEN AWASE UKE / TSUKAME UKE / SEIRYUTO UKE / SUKUI UKE / KAKE UKE</u> <u>AWASE ZUKI / YAMA ZUKI / HEIKO ZUKI</u> SEIRYUTO UCHI / <u>KEITO UCHI</u> SANCHIN DACHI / FUDO DACHI / <u>HANGETSU DACHI / SOCHIN DACHI</u> <u>MAE - YOKO - MAWASHI TOBI GERI / NIDAN GERI</u>	
KATA	TEKKI SHODAN HAPPONEN NO KATA HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN	BASAI DAI (elementen) TEKKI SHODAN HAPPONEN NO KATA HEIAN YONDAN/GODAN/SANDAN	BASAI DAI (embusen) TEKKI SHODAN HAPPONEN NO KATA HEIAN YONDAN/GODAN	<u>BASAI DAI</u> <u>TEKKI SHODAN</u> HAPPONEN NO KATA HEIAN YONDAN/GODAN
KUMITE	IPPON/JIYU KUMITE	IPPON/JIYU KUMITE	IPPON/JIYU KUMITE/JIYU IPPON	IPPON/ <u>JIYU KUMITE</u> /JIYU IPPON
KUMITE KATA	REEKSEN 1 2 3 Per reeks / beide rollen	REEKSEN 1 2 3 Per reeks / beide rollen	REEKSEN 1 2 3 Terugkeer naar plaats	<u>REEKSEN 1 2 3</u> Terugkeer naar plaats Beide rollen
WAZA	RENZOKU/KAWASHI/NAGE/KANSETSU Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE /KANSETSU Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE/KANSETSU Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE/ <u>KANSETSU</u> <u>Tengu Kamae + Gedan Barai - Age/Uchi/</u> <u>Zuki/Mae geri/Mawashi/Yoko</u>
TENGU	TENGU-SHIHO-NO-KAMAE (MA) TENGU-CHIKAMA-NO-UKE HAPPO MOKU	TENGU-SHIHO-NO-KAMAE (MA) TENGU-CHIKAMA-NO-UKE HAPPO MOKU	TENGU-SHIHO-NO-KAMAE (MA) TENGU-CHIKAMA-NO-UKE HAPPO MOKU	<u>TENGU-SHIHO-NO-KAMAE (MA)</u> <u>TENGU-CHIKAMA-NO-UKE</u> <u>HAPPO MOKU</u>

DOMEIN	1 KYU (GAKUSHI)	1 KYU (GAKUSHI) I	1 KYU (GAKUSHI) II	1 KYU (GAKUSHI) III
KIHON	<p>UKE: GEDAN BARAI / AGE / SOTO /UCHI / EMPI / NAMI ACHI / TE OSAE / MOROTE OTOSHI / TEISHO / KAKE / KAKUTO / JUJI / AWASE / TSUKAME / SEIRYUTO / SUKUI / KAKE</p> <p>ZUKI: OI-GYAKU (HIKITE!) / SANBON / URA / KIZAMI / MAWASHI / TATE / KAGI / HASAMI / HEIKO / NAGASHI / AWASE / YAMA / HEIKO</p> <p>UCHI: SHUTO / URAKEN / TETTSUI / HAITO / EMPI / OTOSHI / KUDAME / SEIRYUTO / KEITO</p> <p>DACHI: ZENKUTSU /KOKUTSU /KIBA / SHIKO / NEKO ASHI / KAKE / TEIJI / KAKE / SANCHIN / FUDO / SANCHIN / HANGETSU / SOCHIN</p> <p>GERI: MAE / MAWASHI / YOKO / MIKAZUKI / FUMIKOMI / HITSUI / USHIRO / URA MAWASHI / TOBI GERI / NIDAN GERI</p>			
KATA	<u>BASAI DAI</u> <u>TEKKI SHODAN</u> <u>HAPPOREN NO KATA</u> HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN	<u>BASAI DAI</u> <u>TEKKI SHODAN</u> <u>HAPPOREN NO KATA</u> HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN	<u>BASAI DAI</u> <u>TEKKI SHODAN</u> <u>HAPPOREN NO KATA</u> HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN	<u>BASAI DAI</u> <u>TEKKI SHODAN</u> <u>HAPPOREN NO KATA</u> HEIAN YONDAN/GODAN HEIAN SANDAN/NIDAN/SHODAN
KUMITE	IPPON/JIYU KUMITE	IPPON/JIYU KUMITE	IPPON/JIYU KUMITE/JIYU IPPON	IPPON/ <u>JIYU KUMITE</u> /JIYU IPPON
KUMITE KATA	<u>REEKSEN 1 2 3</u> Terugkeer naar beginplaats/Beide rollen	<u>REEKSEN 1 2 3</u> Terugkeer naar beginplaats/Beide rollen	<u>REEKSEN 1 2 3</u> Terugkeer naar beginplaats/Beide rollen	<u>REEKSEN 1 2 3</u> Terugkeer naar beginplaats/Beide rollen
WAZA	RENZOKU/KAWASHI/NAGE/KANSETSU Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE /KANSETSU Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	RENZOKU/KAWASHI/NAGE/KANSETSU Tengu Kamae + Gedan Barai - Age/Uchi/ Zuki/Mae geri/Mawashi/Yoko	<u>RENZOKU/KAWASHI/NAGE/KANSETSU</u> <u>Tengu Kamae + Gedan Barai - Age/Uchi/</u> <u>Zuki/Mae geri/Mawashi/Yoko</u>
TENGU	TENGU-SHIHO-NO-KAMAE (MA) TENGU-CHIKAMA-NO-UKE HAPPO MOKU	TENGU-SHIHO-NO-KAMAE (MA) TENGU-CHIKAMA-NO-UKE HAPPO MOKU	TENGU-SHIHO-NO-KAMAE (MA) TENGU-CHIKAMA-NO-UKE HAPPO MOKU	<u>TENGU-SHIHO-NO-KAMAE</u> <u>TENGU-CHIKAMA-NO-UKE</u> <u>HAPPO MOKU</u>