

Kobudo Wiki

Neha Moopen

2024-04-05

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Preface

This is a Quarto book.

To learn more about Quarto books visit <https://quarto.org/docs/books>.

1 Trainingsschema



Trainingsschema Kobujutsu:

Bo

- Kata's: konchiki, shushi no kon sho & dai
- 5 Comprehensive kumites
- 15 basics (voorheen doorlopende kumite)
- 3 basis kihon: kamai, uke en seme (met en zonder partner)
- 10 basis kumite

Sai

- Kata: Tsukenshitahaku
- 4 Comprehensive kumites
- Renzoku waza kumite
- 10 basis kumite

Tonfa

- Kata: Tonfa no hamahiga
- Renzoku waza kumite
- 10 basis kumite

Kama

- Kata: Tozan
- Renzoku waza kumite (Hebben we nog niet gedaan!)
- 10 basis kumite

Sanyaku bo

- Nog geen programma: improvisatie

Note:

Tik de naam van de kata in op Youtube en kijk vervolgens naar Maarten de Bloois.
Hij brengt de kata's duidelijk in beeld.

1.1 Bo

- Kata's: konchiki, shushi no kon sho, dai
- 5 Comprehensive kumites
- 15 basics (voorheen doorlopende kumite)
- 3 basis kihon: kamae, uke, seme (met en zonder partner)
- 10 basis kumite

1.2 Sai

- Kata: Tsukenshitahaku
- 4 Comprehensive kumites
- Renzoku waza kumite
- 10 basis kumite

1.3 Tonfa

- Kata: Tonfa no hamahiga
- Renzoku waza kumite
- 10 basis kumite

1.4 Kama

- Kata: Tozan
- Renzoku waza kumite
- 10 basis kumite

2 Bo

2.1 Kumite

2.1.1 15 basis kumite (doorlopende)

2.1.2 Bunkai

2.1.3 Comprehensive Kumite

2.1.3.1 1

2.1.3.2 2

2.1.3.3 3

2.1.3.4 4

2.1.3.5 5

2.2 Kata

2.2.1 Shuji no kon Sho

2.2.2 Shuji no kon Dai

3 Sai

3.1 Kumite

3.1.1 Renzoku kumite

3.1.2 Sai Bo kumite

3.2 Kata

3.2.1 Tsukenshitahaku no Sai

4 Tonfa

4.1 Kata

4.1.1 Hamahiga no Tonfa

5 Kama

coming soon?

6 Resources

6.1 YouTube

- [Ryukyu Kobujutsu](#)
- [Wim van de Leur](#)
- [Maarten Van Bloois](#)
- [annetraam](#)
- [DojoSuhari](#)

7 References

- [Kobujutsu Studiemateriaal](#): pdf with overview of YouTube channels and links to videos embedded in this wiki.