



## GRADUERINGSPENSUM

### BØRN

Gradueringer skal fungerer som et motiverende element i børnenes karate udvikling. Derfor tillades det at instruktørerne tager visse hensyn, eller ser med milde øjne på børnegradueringer. Disse hensyn være at berolige, tælle, forklare, eller demonstrere for eleverne.

I øvrigt skal kravene til børn og voksne ikke være de samme generelt.

De enkelte instruktør ude i klubberne skal tage ansvar for, at gradueringerne bliver en positiv oplevelse for den enkelte elev, uden at der slækkes unødvendigt på kravene.

Når børn/unge fylder 15år bliver kravene de samme som hos voksne.

Grad	Bæltefarve	Minimum træningstid ialt
Begynder	Hvidt	
9.mon-kyu	Hvidt/Gult/Hvidt	1 måned
9.Kyu	Gult	4 måneder
8.mon-kyu	Hvidt/Orange/Hvidt	7 måneder
8.Kyu	Orange	10 måneder
7.mon-kyu	Hvidt/Rødt/Hvidt	1 år 1 måned
7.Kyu	Rødt	1 år 4 måneder
6.mon-kyu	Hvidt/Grønt/Hvidt	1 år 7 måneder
6.Kyu	Grønt	1 år 10 måneder
5.mon-kyu	Hvidt/Blåt/Hvidt	2 år 1 måned
5.Kyu	Blåt	2 år 4 måneder
4.mon-kyu	Hvidt/Violet/Hvidt	2 år 7 måneder
4.Kyu	Violet	2 år 10 måneder
3.mon-kyu	Hvidt/Brunt/Hvidt	3 år 1 måned
3.Kyu	Brunt	3 år 4 måneder
2.Kyu	Brunt m. stribe	3 år 10 måneder
1.Kyu	Brunt m. 2striber	4 år 4 måneder
1.Dan	Sort	5 år 4 måneder
2.Dan	Sort	7 år 4 måneder

#### SIGNATURFORKLARING:

====> Fremad

==>== Baglænds

=O==> 360° rotation/fremad

>==O= 360° rotation/baglænds

==x== Samme sted

## 9. MON - KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

==>== Gedan-barai

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

## 9. KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

==>== Gedan-barai

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

### KATA:

*Taikyoko Shodan*

## 8. MON - KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

==>== **Chudan Oi-zuki**

====> Jodan Age-uke

==>== Chudan Soto-uke

====> Chudan Uchi-uke

◎ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

Yame

## 8. KYU

### KIHON:

⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

==>== **Chudan Oi-zuki**

====> Jodan Age-uke

==>== Chudan Soto-uke

====> Chudan Uchi-uke

⊙ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

⊙ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

Yame

**KATA:** Heian Shodan

**KUMITE:** Gohon kumite (jodan, chudan) , (hidari kamae)

## 7. MON - KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

Mawazute

<==== Chudan Gyaku-zuki

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

◎ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu-Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

## 7. KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

Mawazute

<==== Chudan Gyaku-zuki

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

◎ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu-Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

**KATA:** Heian Nidan

**KUMITE :** Gohon Kumite (jodan, chudan & maegeri) , (hidari kamae)  
Sanbon Kumite (jodan, chudan, maegeri) , (hidari kamae)



## 6. MON - KYU

### KIHON:

⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> **Jodan Oi-zuki**

Mawazute

<==== **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

==>== Gedan-Barai, Gyaku-zuki

Yame

⊙ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke

==>== Chudan Shuto-uke

Yame

⊙ Zenkutsu Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

## 6. KYU

### KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> **Jodan Oi-zuki**

Mawazute

<==== **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

==>== Gedan-Barai, Gyaku-zuki

Yame

- ⊙ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke

==>== Chudan Shuto-uke

Yame

- ⊙ Zenkutsu Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

- ⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

**KATA:** Heian Sandan

**KUMITE :** Sanbon Kumite (jodan, chudan, maegeri) , (hidari & migi kamae)

## 5. MON - KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> Chudan Uchi-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki

==>== **Gedan-Barai (nekoashi), Chudan Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

=O==> **Chudan Shuto-uke**

==>== Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan, jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

## 5. KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> Chudan Uchi-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki

==>== **Gedan-Barai (nekoashi), Chudan Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

=O==> **Chudan Shuto-uke**

==>== Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan, jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

### KATA:

Heian Yondan

### KUMITE :

Kihon Ippon Kumite:

1 x Jodan Oizuki (hidari kamae)  
1 x Chudan Oizuki (hidari kamae)  
1 x Maegeri (hidari kamae)

## 4. MON - KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Chudan Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> **Gedan Soto-barai**

==>== **Chudan Uchi-uke (nekoashi), Jodan Kizami-zuki Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

>==O= **Chudan Shuto-uke (kokutsu)**

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan,jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

## 4. KYU

### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Chudan Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> **Gedan Soto-barai**

==>== **Chudan Uchi-uke (nekoashi), Jodan Kizami-zuki Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

>==O= **Chudan Shuto-uke (kokutsu)**

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan,jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

### KATA:

Heian Godan

### KUMITE :

Kihon Ippon Kumite:

2 x Jodan Oizuki (hidari & migi kamae)  
2 x Chudan Oizuki (hidari & migi kamae)  
2 x Maegeri (hidari & migi kamae)  
1 x Yokogeri Kekomi (hidari kamae)  
1 x Mawashigeri (hidari kamae)

### 3. MON - KYU

#### KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae  
====> Sanbon-zuki (jodan, chudan, chudan)  
==>== Gyaku Sanbon-zuki (chudan, jodan, chudan)

====> Jodan Age-uke, Ushiroashi Mae-geri, Chudan Gyaku-zuki  
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi Uraken-uchi (kiba)

====> **Gedan-Barai, Uchi-ude-uke (samme arm), Chudan Gyaku-zuki**  
==>== Gedan Soto-barai, Chudan Gyaku-zuki

====> Jodan Soto-shuto-uchi  
==>== Chudan Mae-enpi  
Yame

◎ Kokutsu Dachi, Shuto-uke Kamae  
=O==> **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**  
==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)  
Yame

◎ Zenkutsu Dachi Kamae  
====> Mae-geri (jodan)  
Mawazute  
<==== Mae-geri Rengeri (chudan,jodan)  
Mawazute  
====> Mawashi-geri (chudan)  
Mawazute  
<==== Mawashi-geri (jodan)  
Mawazute  
Yame

◎ Kiba Dachi, Gedan-barai Kamae  
====> Yoko-geri Keage  
Mawazute  
<==== Yoko-geri Keage  
Mawazute  
====> Yoko-geri Kekomi  
Mawazute  
<==== Yoko-geri Kekomi  
Mawazute  
Yame

◎ Zenkutsu Dachi Kamae  
====> Ushiro-geri  
Mawazute  
<==== Ushiro-geri  
Mawazute  
Yame

### 3. KYU

#### KIHON:

⊙ Zenkutsu Dachi, Gedan-barai Kamae  
====> Sanbon-zuki (jodan, chudan, chudan)  
==>== Gyaku Sanbon-zuki (chudan, jodan, chudan)

====> Jodan Age-uke, Ushiroashi Mae-geri, Chudan Gyaku-zuki  
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi Uraken-uchi (kiba)

====> **Gedan-Barai, Uchi-ude-uke (samme arm), Chudan Gyaku-zuki**  
==>== Gedan Soto-barai, Chudan Gyaku-zuki

====> Jodan Soto-shuto-uchi  
==>== Chudan Mae-enpi  
Yame

⊙ Kokutsu Dachi, Shuto-uke Kamae  
=O==> **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**  
==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)  
Yame

⊙ Zenkutsu Dachi Kamae  
====> Mae-geri (jodan)  
Mawazute  
<==== Mae-geri Rengeri (chudan,jodan)  
Mawazute  
====> Mawashi-geri (chudan)  
Mawazute  
<==== Mawashi-geri (jodan)  
Mawazute  
Yame

⊙ Kiba Dachi, Gedan-barai Kamae  
====> Yoko-geri Keage  
Mawazute  
<==== Yoko-geri Keage  
Mawazute  
====> Yoko-geri Kekomi  
Mawazute  
<==== Yoko-geri Kekomi  
Mawazute  
Yame

⊙ Zenkutsu Dachi Kamae  
====> Ushiro-geri  
Mawazute  
<==== Ushiro-geri  
Mawazute  
Yame

**KATA:** Tekki Shodan

***Junro Shodan***

**KUMITE:** Kihon Ippon Kumite: 1 af alle angreb (hidari kamae)  
1 af alle angreb (migi kamae)



## 2. KYU

### KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae  
====> Mae-geri, Oi-zuki (chudan, jodan)  
Mawazute  
<==== Mawashi-geri, Gyaku-zuki (jodan, chudan)  
Mawazute  
====> Jodan Age-uke, Ushiroashi Mae-geri, Chudan Gyaku-zuki  
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi Uraken-uchi (kiba)
- ====> Chudan Gyaku-zuki, Mae-geri Oi-zuki, Gedan-barai  
==>== **Gedan-barai Chudan Uchi-uke (samme arm), Chudan Gyaku-zuki**  
**(zenkutsu) (nekoashi) (zenkutsu)**
- ====> Jodan Tate-enpi, Gyaku Chudan Mae-enpi  
Mawazute  
<==== Jodan Soto-shuto-uchi, Jodan Uchi-shuto-uchi (samme arm)  
Mawazute  
Yame
- ⊙ Kokutsu Dachi, Shuto-uke Kamae  
====> Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)  
>==O= **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**  
Yame
- ⊙ Zenkutsu Dachi Kamae  
====> Rengeri: Mae-geri, Mawashi-geri  
Mawazute  
<==== Rengeri: Mae-geri, Mawashi-geri  
Mawazute  
====> Kizami Mae-geri, Ushiro-geri  
Mawazute  
<==== Kizami Mae-geri, Ushiro-geri  
Mawazute  
Yame
- ⊙ Kiba Dachi, Gedan-barai Kamae  
====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)  
Mawazute  
<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)  
Mawazute  
Yame

**KATA:** *Junro Nidan*

Bassai - Dai

**KUMITE:** Jiyu Ippon Kumite: 1 x Jodan Oizuki (hidari kamae)  
1 x Chudan Oizuki (hidari kamae)  
1 x Mae-geri (hidari kamae)  
1 x Yoko-geri Kekomi (hidari kamae)  
1 x Mawashi-geri (hidari kamae)

**Angreb stoppes i kihon-stil**

# 1. KYU

## KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae  
====> **Mae-geri, Oi-zuki (chudan, jodan), samme arm Uraken-uchi**  
Mawazute  
<==== Mawashi-geri, Gyaku-zuki (jodan, chudan)  
Mawazute  
====> Chudan Gyaku-zuki, Mae-geri Oi-zuki, Gedan-barai  
==>== Jodan Age-uke, Tate mawashi Uraken-uchi, Chudan Gyaku-zuki  
====> **Gedan-barai Chudan Uchi-uke Kizami-zuki (samme arm), Chudan Gyaku-zuki**  
**(zenkutsu) (nekoashi) (zenkutsu)**  
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba), Uraken-uchi Chudan Gyaku-zuki (zenkutsu)  
====> Gedan-barai, Ushiroashi Mae-geri, Chudan Gyaku-zuki  
==>== Gedan Soto-barai, Jodan Yoko mawashi Uraken-uchi (samme arm), Chudan Gyaku-zuki  
====> Jodan Soto-shuto-uchi, Gyaku Jodan Haito-uchi  
==>== Jodan Tate-enpi, Gyaku Chudan Mae-enpi (zenkutsu), Chudan Yoko-enpi (kiba)  
Yame
- ⊙ Kokutsu Dachi, Shuto-uke Kamae  
====> Chudan Shuto-uke (kokutsu), Ushiroashi Mae-geri, Chudan Nukite (zenkutsu)  
==>== Chudan Shuto-uke, Chudan Gyaku-zuki (kokutsu)  
Yame
- ⊙ Zenkutsu Dachi Kamae  
====> Rengeri: Mae-geri, Mawashi-geri  
Mawazute  
<==== Rengeri: Mae-geri, Mawashi-geri  
Mawazute  
====> Kizami Yoko-geri Kekomi, Ushiro-geri  
Mawazute  
<==== Kizami Yoko-geri Kekomi, Ushiro-geri  
Yame
- ⊙ **Zenkutsu Dachi Kamae**  
====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)  
Mawazute  
<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)  
Mawazute  
Yame

**KATA:** **Junro Sandan**

**SENTEI:** **Jion, Enpi**

**KUMITE:** Jiyu Ippon Kumite: 2 x Jodan Oizuki (hidari & migi kamae)  
2 x Chudan Oizuki (hidari & migi kamae)  
2 x Mae-geri (hidari & migi kamae)  
2 x Yoko-geri Kekomi (hidari & migi kamae)  
2 x Mawashi-geri (hidari & migi kamae)

Der må ikke bruges samme forsvar til begge sider  
**Angreb stoppes i kihon-stil**

# 1. DAN

## KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae  
====> **Tobi konde Sanbon-zuki (jodan, chudan, chudan)**  
Mawazute  
<==== Gyaku Sanbon-zuki (chudan, jodan, chudan)  
==<== Age-uke Gedan-barai (samme arm), Chudan Gyaku-zuki  
<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba), Uraken-uchi Chudan Gyaku-zuki (zenkutsu)  
Mawazute  
====> Uchi-uke, Jodan Kizami-zuki, ushiroashi Mae-geri, Chudan Gyaku-zuki  
==>== Gedan-barai, Jodan tate mawashi Uraken-uchi, Chudan Gyaku-zuki  
====> Chudan Mae-enpi, Gyaku Jodan Tate-enpi (zenkutsu) Yoko-enpi (kiba)  
Mawazute  
<==== **Jodan Soto-shuto-uchi, <=O= Jodan Nagashi-enpi, =O==< Jodan Uchi-shuto-uchi**  
Mawazute  
Yame  
⊙ Kokutsu Dachi, Shuto-uke Kamae  
====> Chudan Shuto-uke (kokutsu), Kizami Jodan Nukite, Chudan Nukite (zenkutsu)  
==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)  
Yame  
⊙ Zenkutsu Dachi, Gedan-barai Kamae  
====> Age-uke Gyaku-zuki, (twist) Yoko-enpi, (twist) Shuto-uke, Chudan Gyaku-zuki  
Mawazute  
<==== **Gedan-barai Age-uke Kizami Mae-geri, Chudan Gyaku-zuki**  
**(zenkutsu), (nekoashi), (zenkutsu)**  
Mawazute  
Yame  
  
⊙ Zenkutsu Dachi Gedan-barai Kamae  
====> Mae-geri, Mawashi-geri, Gyaku-zuki, Gedan-barai **(2 x , skift kamae, 2 x)**  
Mawazute  
<==== Mae-geri, Yoko-geri Kekomi, Gyaku-zuki, Gedan-barai **(2 x , skift kamae, 2 x)**  
Mawazute  
====> Kizami Yoko-geri Kekomi, Ushiro-geri  
Mawazute  
<==== Kizami Yoko-geri Kekomi, Ushiro-geri  
Mawazute  
Yame  
  
⊙ Kiba Dachi, Gedan-barai Kamae  
====> Yoko-geri Keage, Yoko-geri Kekomi (skift ben)  
Mawazute  
<==== Yoko-geri Keage, Yoko-geri Kekomi (skift ben)  
Mawazute  
Yame

Kime Waza: Gyaku-zuki

**KATA:** **Junro Yondan**

SHITEI: Heian 1 - 5 & Tekki Shodan

SENTEI: Bassai-Dai, Jion, Enpi, Kanku-Dai, Jitte

**KUMITE:** Jiyu Ippon Kumite: *(valgfri kamae)*

1 x Jodan Oizuki, 1 x Chudan Oizuki, 1 x Maegeri, 1 x Yoko-geri Kekomi  
1 x Mawashi-geri, 1 x Ushiro-geri, 1 x Kizamizuki, 1 x Chudan Gyakuzuki

## 2. DAN

### KIHON:

◎ Kiba Dach, Choku-zuki Kamae  
 Choku-zuki (tvist) Chudan Gyaku-zuki (tvist) Kagi-zuki  
 ===X===                =====X=====                ===X===  
 (kiba)                    (zenkutsu)                    (kiba)

◎ Jiyu Na Kamae  
 Kizami-zuki, Jodan Mae-geri Chudan Oi-zuki  
 ===X===                    =====>  
 Mawazute  
 Age-uke, Mawashi-geri Yoko Uraken-uchi, Chudan Oi-zuki  
 ===<===                    <=====                    <=====  
 Mawazute

=====> **Gedan-barai Uchiuke Jodan Ura-zuki (samme arm), glid frem Chudan Gyaku-zuki (zenkutsu/nekoashi/zenkutsu)**

Shuto-uke, Kizami Mae-geri Gyaku-zuki, Ushiroashi Mae-geri Kizami-zuki  
 ===>===                    =====X=====                    =====X=====  
 Tate-enpi, Ushiro Mawashi-enpi, Mawashi-enpi, Yoko-enpi (samme arm til alle albueteknikker)  
 =====>                    =====X=====                    =====X=====                    =====X=====  
 (zenkutsu)                    (moto)                    (zenkutsu)                    (kiba)  
 Mawazute  
 Soto-shuto-uchi, Uchi-shuto-uchi (samme arm), Gyaku Haito-uchi, (spind 360<sup>0</sup>) Uchi-shuto-uchi  
 <=====                    =====X=====                    <=====&O=  
 Mawazute  
 Soto-shuto-uchi, Uchi-shuto-uchi (samme arm), Gyaku Haito-uchi, (spind 360<sup>0</sup>) Uchi-shuto-uchi  
 =====>                    =====X=====                    ==&O=====>  
 Mawazute  
 Age-uke, Muso-uke, Uchi-uke  
 <=====                    ==X==                    ==X==  
 (zenkutsu)                    (fudo)                    (hangetsu)  
 Mawazute  
 Yame

Balance:                    3 gange samme ben:

Mae-geri, Mawashi-geri (fremefter)  
 Mawashi-geri, Yoko-geri Kekomi (fremefter)  
 Mae-geri, Yoko-geri Kekomi, Ushiro-geri (frem, siden, bag)

Kime Waza:                    Kizami-zuki

**KATA:**                    SENTEI:                    Bassai-Dai, Jion, Enpi, Kanku-Dai, Hangetsu, Jitte, Tekki Nidan, Gankaku, Bassai-Sho, Kanku-Sho

SHITEI:                    Junro 1 – 5

SHITEI:                    Bassai-Dai, Jion, Enpi, Kanku-Dai, Jitte

**KUMITE:**                    *Kihon Ippon Kumite (jodan, chudan, maegeri) Uke: Doji-waza*

Okuri Jiyu Ippon kumite

Jiyu Kumite (minimum 2 kampe)