



GRADUERINGS Pensum

VOKSNE

Grad	Bæltefarve	Minimum træningstid ialt	Bem:
Begynder	Hvidt		
9.Kyu	Gult	3 måneder	
8.Kyu	Orange	6 måneder	
7.Kyu	Rødt	9 måneder	
6.Kyu	Grønt	1 år	
5.Kyu	Blåt	1 år 4 måneder	
4.Kyu	Violet	1 år 8 måneder	
3.Kyu	Brunt	2 år	
2.Kyu	Brunt	2 år 6 måneder	
1.Kyu	Brunt	3 år	
1.Dan	Sort	3 år 6 måneder	
2.Dan	Sort	4 år 6 måneder	
3.Dan	Sort	6 år 6 måneder	
4.Dan	Sort	9 år 6 måneder	

#### SIGNATURFORKLARING:

====> Fremad

==>== Baglænds

=O==> 360° rotation/fremad

>==O= 360° rotation/baglænds

==x== Samme sted

## 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*

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

## 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 & maegeri) , (hidari kamae)

# 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. 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. 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:

2 x Jodan Oizuki (hidari & migi kamae)

2 x Chudan Oizuki (hidari & migi kamae)

2 x Maegeri (hidari & migi kamae)

Der må ikke bruges samme forsvar til begge sider.

## 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)

Der må ikke bruges samme forsvar til begge sider.



### 3. KYU

#### KIHON:

- ⊙ Zenkutsu Dach, 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 Dach, Shuto-uke Kamae
- =O==> **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**
- ==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)
- Yame
  
- ⊙ Zenkutsu Dach Kamae
- ====> Mae-geri (jodan)
- Mawazute
- <==== Mae-geri Rengeri (chudan,jodan)
- Mawazute
- ====> Mawashi-geri (chudan)
- Mawazute
- <==== Mawashi-geri (jodan)
- Mawazute
- Yame
  
- ⊙ Kiba Dach, Gedan-barai Kamae
- ====> Yoko-geri Keage
- Mawazute
- <==== Yoko-geri Keage
- Mawazute
- ====> Yoko-geri Kekomi
- Mawazute
- <==== Yoko-geri Kekomi
- Mawazute
- Yame
  
- ⊙ Zenkutsu Dach 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)

Der må ikke bruges samme forsvar til begge sider.

## 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 Dach, 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 Dach, Shuto-uke Kamae  
====> Chudan Shuto-uke (kokutsu), Ushiroashi Mae-geri, Chudan Nukite (zenkutsu)  
==>== Chudan Shuto-uke, Chudan Gyaku-zuki (kokutsu)  
Yame
- ⊙ Zenkutsu Dach 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 Dach Kamae**  
====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)  
Mawazute  
<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)  
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

Jiyu Kumite (minimum 1 kamp)

## 2. DAN

### KIHON:

◎ Kiba Dachi, 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)

### 3. DAN

#### KIHON:

⊙ Heisoku Dachi, Choku-zuki Kamae  
Oi-zuki, Hantei Oi-zuki, Kizami-zuki, Hantei Kizami-zuki  
====>                      ==<====

⊙ Zenkutsu Dachi, Gedan-barai Kamae  
====> Soto-shuto-uchi, Uchi-shuto-uchi (samme arm), Gyaku Haito-uchi, (spind 360°) Uchi-shuto-uchi,  
Gyaku Gedan-shuto-uchi doji Jodan Kaishu Nagashi-uke,  
Gyaku Chudan Osai-uke doji Chudan Yonhon Nukite

Mawazute  
Tate-enpi, Gyaku Mae-enpi, Yoko-enpi, Soete Ushiro-enpi, Nagashi-enpi, Otoshi-enpi  
<====>                      ==X==                      =====X=====                      =====X=====                      >====>  
(zenkutsu)                      (kiba)                      (moto)                      (zenkutsu)                      (fudo)

Mawazute  
Age-uke, Muso-uke, Uchi-uke, Morote mawashi Kake-uke awase Teisho-zuki  
====>                      ==X==                      ==X==                      =====X===== >====>  
(zenkutsu)                      (fudo)                      (hangetsu)                      (sanshin)

Mawazute  
Yame

⊙ Fudo Dachi, Gedan-barai Kamae  
Chudan Oi-zuki  
<====>  
Mawazute  
Yame

⊙ **Jiyu Na Kamae**  
====> **Kizami-zuki, Tobi konde Sanbonzuki**  
**Mawazute**  
<==== **Mawashigeri, <==== Ashi-barai, Chudan Gyaku-zuki**  
**Mawazute**  
**Yame**

⊙ Jiyu Na Kamae

Glid frem Kizami-zuki, taisabaki 90° til siden Tate-shuto-uke, glid ind Chudan Gyaku-zuki, glid tilbage Kamae.

45° taisabaki Kizami-zuki Chudan Gyaku-zuki,  
Mawashi-geri, glid ind Uraken-uchi, glid ind Gyaku-zuki, glid tilbage Kamae

Balance: Mae-geri, Yoko-geri Kekomi, Ushiro-geri, Mawashi-geri (frem, siden, bagud, frem)

Kime Waza: Gyaku-zuki el. Kizami-zuki

**KATA:** TOKUI                      + evt. spørgsmål  
SENTEI                      **Kasshu, Kakuyoku-Shodan**  
SHITEI                      Bassai-Dai, Jion, Enpi, Kanku-Dai, Jitte, Hangetsu, Tekki Nidan  
**Junro 1-5**

**KUMITE:** Kaeshi Ippon kumite (1xjodan, 1xchudan, 1xkeri)  
Jiyu Kumite (minimum 3 kampe)

## 4. DAN

### KIHON:

- ◎ Shizentai

Dachi-kombination med div. Te-waza

flg. Dachi indgår: Zenkutsu, Kokutsu, Kiba, Hangetsu, Fudo, Nekoashi, Sanshin – i vilkårlig rækkefølge

- ◎ Jiyu Na Kamae

Oikomi (kun Te-waza)

Oikomi (kun Keri-waza)

Oikomi (kombination af Te-, & Keri waza)

### KATA:

TOKUI + *spørgsmål*

SENTEI *Kasshu, Hachimon  
Kakuyoku-Shodan, Kakuyoku-Nidan*

SHITEI Bassai-Dai, Jion, Enpi, Kanku-Dai, Hangetsu, Jitte, Tekki Nidan,  
Tekki Sandan , Gankaku, Bassai-Sho, Kanku-Sho

### KUMITE:

Jiyu Kumite (minimum 5 kampe)