

## 9 og 8 kyu

### KIHON:

#### Zenkutsu Dachi, Gedan-Barai Kamae

Chudan Oi-zuki =>=

Chudan Gyaku-zuki =<=

Jodan Age-uke =>=

Chudan Soto-ude-uke =<=

#### Zenkutsu-Dachi Kamae

Mae-geri mawazute

Mae-geri

#### Kiba-dachi, Gedan-barai Kamae

Keage begge ben

Kekomi begge ben

## 9 KYU

**KATA: Taikyoku shodan**

**KUMITE: Gohon kumite (Jodan, Chudan)**

## 8. KYU

**KATA: Heian Shodan**

**KUMITE: Gohon kumite (Jodan, Chudan)**

Obligatorisk bunkai til Heian Shodan.

## 7 og 6 kyu

### KIHON:

#### Zenkutsu Dachi, Gedan-Barai Kamae

|                                  |     |  |
|----------------------------------|-----|--|
| Chudan Oi-zuki                   | =>= |  |
| Chudan Gyaku-zuki                | =<= |  |
| Jodan Age-uke - Gyaku-zuki       | =>= |  |
| Chudan Soto-ude-uke - Gyaku-zuki | =<= |  |
| Chudan Uchi-ude-uke - Gyaku-zuki | =>= |  |
| Gedan Barai – Gyaku-zuki         | =<= |  |

#### Kokutsu-dachi, Shuto-uke Kamae

Chudan Shuto-uke forlæns og baglæns

#### Zenkutsu-Dachi Kamae

Mae-geri mawazute

Mawashi-geri

#### Kiba-dachi, Gedan-barai Kamae

Keage begge ben

Kekomi begge ben

## 7. KYU

### KATA:

Heian Nidan + Obligatorisk bunkai

### KUMITE:

Sanbon Kumite Nr. 1+2 (hidari)

## 6. KYU:

### KATA:

Heian Sandan + Obligatorisk bunkai

### KUMITE :

Sanbon Kumite Nr. 1 & 2 (hidari, migi)

## 5 og 4 kyu

### KIHON:

#### Zenkutsu Dachi, Gedan-Barai Kamae

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

Gyaku sanbon-zuki (Chudan, jodan, chudan) =<=

Jodan Age-uke, Gyaku-zuki =>=

Chudan Soto-ude-uke, Yoko-enpi – uraken =<=

(Zenkutsu) (Kiba-dachi)

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

#### Kokutsu-dachi, Shuto-uke Kamae

Chudan Shuto-uke , Chudan Nukite =<=

(Kokutsu) (Zenkutsu)

Jodan soto shuto uchi – uchi shoto uchi =>=

Uchi-uke, gyaku-gedan-barai =<=

#### Zenkutsu-Dachi Kamae

Mae-geri rengeru (chudan, jodan) =>= mawazute

Mawashi-geri mawazute

#### Kiba-dachi, Gedan-barai Kamae

Keage begge ben

Kekomi begge ben

## 5. KYU

### KATA:

Heian Yondan + Obligatorisk bunkai

#### KUMITE : Kihon ippon kumite :

2 x Jodan

2 x Chudan

2 x Mae-geri

Kun Hidari

## 4. KYU

### KATA:

Heian Godan + Obligatorisk bunkai

#### KUMITE : Kihon ippon kumite :

1 x Jodan

1 x Chudan

1 x Mae-geri

1 x Yoko-geri Kekomi

1 x Mawashi-geri

Både Migi og Hidari - ikke samme forsvar til begge sider

### 3 Kyu

#### KIHON:

##### Zenkutsu Dachi , Gedan-Barai Kamae

Chudan Oizuki =>=

Chudan Gyakuzuki =<=

Jodan Age-uke , gyaku zuki =>=

Chudan Soto-ude-uke , gyaku zuki =<=

Chudan Uchi-ude-uke , gyaku zuki =>=

Gedan barai , gyaku zuki =<=

##### Kokutsu-dachi, Shuto-uke Kamae

Chudan Shuto-uke. =>=

Chudan Shuto-uke. =<=

##### Zenkutsu-Dachi Kamae

Mae-geri mawazute

Mawashi-geri mawazute

##### Kiba-dachi, Gedan-barai Kamae

Keage mawazute

Kekomi mawazute

##### Zenkutsu-Dachi Kamae

Ushiro-geri, mawazute og det samme, mawazute

### 3 KYU

#### KATA:

Tekki Shodan + Junro Shodan

Obligatorisk bunkai + fri bunkai til enkelte passager.

#### KUMITE: Kihon ippon kumite

2 x jodan til hver side

2 x chudan til hver side

2 x maegeri til hver side

1 x yoko geri til hver side

1 x Mawashigeri til hver side

Der må ikke bruges samme forsvar til begge sider

## 1 og 2 kyu

### KIHON:

#### Zenkutsu Dachi , Gedan-Barai Kamae

Sanbon-zuki (jodan – chudan - chudan)

=>=

Gyaku Sanbon-zuki (chudan – jodan - chudan)

=<=

Age-uke, Gedan-barai, Gyaku-zuki

=>=

Soto-uke, Yoko-enpi, Uraken, Gyaku-zuki

=<=

(zenkutsu) (kiba) (zenkutsu)

Gyaku-zuki, Mae-geri, Oi-zuki, Gedan-barai.

=>=

Uchi-uke, Kizamizuki, Ushiroashi Maegeri, Gyakuzuki

=<=

Kizami Yoko-geri Kekomi, Ushiro-geri

=>=

#### mawazute

Mae-geri, Mawashi-geri, Gyaku-zuki, Gedan-barai

#### mawazute

Age-uke(<=), Mawashi-geri Uraken-uchi, oi-zuki

#### mawazute

Soto-shuto-uchi, Uchi-shuto-uchi (samme arm),

Gyaku Haito-uchi, <==O= Uchi-shuto-uchi

#### mawazute

### Yame

#### Kokutsu-Dachi Gamae

Shuto-uke (kokutsu), Kizami-geri, Nukite(zenkutsu)

=>=

Shuto-uke, ushiro ashi maigeri, Nukite

=<=

(kokutsu) (zenkutsu)

## KATA :

### 2. KYU

#### SHITEI (obligatorisk): Bassai-Dai +Junro nidan

Obligatorisk bunkai + fri bunkai til enkelte passager i kata (graduøren vælger).

### 1. KYU

#### SHITEI (obligatorisk): Junro Sandan

#### SENTEI (valgfri) : Kanku-Dai, Jion, Enpi

Obligatorisk bunkai + fri bunkai til enkelte passager i kata (graduøren vælger).

### KUMITE: Jiyu Ippon Kumite:

#### 2 kyu kun Hidari - 1 kyu Hidari og Migi

1 x jodan oizuki

1 x chudan oizuki

1 x chudan gyakuzuki

1 x jodan kizamizuki

1 x chudan maegeri

1 x chudan kekomi

1 x jodan mawashigeri

1 x chudan ushirogeri

### JIYU KUMITE. – fri kamp