



## Graderingsprogram

### 10 KYU - Vitt bälte med gul rand

#### **Kihon:**

- Oi Zuki Chudan
- Gedan Barai
- Age Uke
- Uchi Uke
- Soto Uke
- Gyako Zuki
- Mae Geri

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### 9 KYU (KU KYU) - Halvgult bälte

#### **Kihon:**

- Oi Zuki Chudan
- Gedan Barai
- Age Uke
- Uchi Uke
- Soto Uke
- Gyako Zuki
- Mae Geri

#### **Kata:**

- Taikyoko Shodan
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## 8 KYU (NCHI KYU) - Gul bälte

### Kihon:

- Oi Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Shuto Uke
- Mae Geri / Gyaku Tsuki
- Mawashi Geri / Gyaku Tsuki

### Kumite (Gohon kumite):

#### Tori:

- Jondan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri

#### Uke:

- Age Uke
- Ude Uke
- Soto Uke
- Gedan Barai / Gyaku Tsuki

### Kata:

- Taikyoko Shodan
  - Heian Shodan
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## 7 KYU (NICHU KYU) - Orange bälte

### Kihon:

- Oi Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Shuto Uke
- Mae Geri / Gyaku Tsuki
- Mawashi Geri / Gyaku Tsuki
- Yoko Geri Keage
- Yoko Geri Kekomi

### Kumite (Gohon kumite):

#### Tori:

- Jondan Oi Tsuki
- Chudan Oi Tsuki
- Mawashi Geri
- Mae Geri

#### Uke:

- Age Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Gedan Barai / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki

### Kata:

- Heian Nidan
  - Heian Sandan
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## 6 KYU (ROKU KYU) - Grönt bälte

### Kihon:

- Sambon Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Kisami Tsuki / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Shuto Uke (kokutsu dachi) / Ashi Mae Geri / Nukite (zenkutsu dachi)
- Mae Geri / Gyaku Tsuki
- Ren Geri
- Mawashi Geri / Uraken Uchi / Gyaku Tsuki
- Mae Geri / Mawashi Geri / Gyaku Tsuki
- Mae Gery / Ura Mawashi / Gyaku Tsuki
- Joko Geri Keage (kiba dachi)
- Joko Geri Kekomi (zankutsu dachi)

### Balans Geri:

- Mae Geri
- Joko Geri
- Mawashi Geri

### Kumite (Sambon Kumite, Kihon Ipon Kumite):

#### Tori:

- Jondan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri Chudan
- Mawashi Geri Chudan

#### Uke:

- Age Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Gedan Barai / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki

- Jiyu Ippon Kumite

### Kata:

- Heian Sandan
  - Heian Yondan
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## 5. KJU (GO-KYU) - Blått bälte 1

### Kihon:

- Sambon Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Kisami Tsuki / Gyaku Tsuki
- Soto Uke (zenkutsu-dachi) / Yoko Empi (kiba dachi) / Gyaku Tsuki (zenkutsu dachi)
- Shuto Uke (kokutsu dachi) / Ashi Mae Geri / Yonhon Nukite (zenkutsu dachi)
- Mae Geri / Gyaku Tsuki
- Ren Geri
- Mawashi Geri / Gyaku Tsuki
- Mae Geri / Mawashi Geri / Gyaku Tsuki
- Mae Gery / Ura Mawashi / Gyaku Tsuki
- Joko Geri Keage (kiba dachi)
- Joko Geri Kekomi (zankutsu dachi)
- Shihon Tate Shuto Uke Gyaku Tsuki / Sihon Geri

### Balans Geri:

- Mae Geri
- Yoko Geri
- Ushiro Geri
- Mawashi Geri

### Kumite (Kihon ippon kumite):

#### Tori:

- Jondan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri Chudan
- Mawashi Geri Chudan

#### Uke:

- Age Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Gedan Barai / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki

- Jiyu ippon kumite

### Kata:

- Heian Yondan
  - Heian Godan
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## 4 KYU (SHI KYU) - Blått Bälte 2

### Kihon:

- Sambon Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Kisami Tsuki / Gyaku Tsuki
- Soto Uke (zenkutsu dachi) / Yoko Empi (kiba dachi) / Gyaku Tsuki (zenkutsu dachi)
- Shuto Uke (kokutsu dachi) / Ashi Mae Geri / Yonhon Nukite (zenkutsu dachi)
- Mae Geri / Gyaku Tsuki
- Ren Geri
- Mawashi Geri / Gyaku Tsuki
- Mae Geri / Mawashi Geri / Gyaku Tsuki
- Mae Gery / Ura Mawashi / Gyaku Tsuki
- Joko Geri Keage (kiba dachi)
- Joko Geri Kekomi (zankutsu dachi)
- Shihon Tate Shuto Uke Gyaku Tsuki / Sihon Geri

### Balans Geri:

- Mae Geri
- Yoko Geri
- Ushiro Geri
- Mawashi Geri

### Kumite (Kihon ippon kumite):

#### Tori:

- Jondan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri Chudan
- Mawashi Geri Chudan

#### Uke:

- Age Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki
- Gedan Barai / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki

- Jiyu ippon kumite

### Kata:

- Heian Yondan
  - Teki Shodan
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## 3 KYU (SAN KYU) - Brunt bälte 1

### Kihon:

- Sambon Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Kisami Tsuki / Gyaku Tsuki
- Ude Uke (zenkutsu dachi) / Yoko Empi (kiba dachi) / Joko Geri Keage / Gyaku Tsuki (zenkutsu dachi)
- Shuto Uke (kokutsu dachi) / Ashi Mae Geri / Yonhon Nukite (zenkutsu dachi)
- Mae Geri / Gyaku Tsuki
- Ren Geri
- Mawashi Geri / Gyaku Tsuki
- Mae Geri / Mawashi Geri / Gyaku Tsuki
- Mae Gery / Ura Mawashi / Gyaku Tsuki
- Joko Geri Keage (kiba dachi)
- Joko Geri Kekomi (zankutsu dachi)
- Shihon Tate Shuto Uke Gyaku Tsuki / Sihon Geri

### Balans Geri:

- Mae Geri
- Yoko Geri
- Ushiro Geri
- Mawashi Geri

### Kumite (Kihon ippon kumite):

#### Tori:

- Jondan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri Chudan
- Mawashi Geri Chudan
- Ushiro Geri
- Joko Geri kekomi

#### Uke:

- Shuto Juji Uke / Mawashi Geri / Ushiro Empi
- Soto Uke / Ashi Mae Geri / Nukite
- Gedan Barai / Gyaku Tsuki
- Gyako Gedan Barai / Kizano Tsuki / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki
- Harai Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki

- Jiyu ippon kumite

### Kata:

- Bassai Dai
  - Heian Oi Kumi
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## 2 KYU (NI-KYU) - Brunt bälte 2

### Kihon:

- Sambon Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Kisami Tsuki / Gyaku Tsuki
- Ude Uke (zenkutsu dachi) / Yoko Empi (kiba dachi) / Joko Geri Keage / Gyaku Tsuki (zenkutsu dachi)
- Shuto Uke (kokutsu dachi) / Ashi Mae Geri / Yonhon Nukite (zenkutsu dachi)
- Mae Geri / Gyaku Tsuki
- Ren Geri
- Mawashi Geri / Gyaku Tsuki
- Mae Geri / Mawashi Geri / Gyaku Tsuki
- Mae Gery / Ura Mawashi / Gyaku Tsuki
- Joko Geri Keage (kiba dachi)
- Joko Geri Kekomi (zankutsu dachi)
- Shihon Tate Shuto Uke Gyaku Tsuki / Sihon Geri

### Balans Geri:

- Mae Geri
- Yoko Geri
- Ushiro Geri
- Mawashi Geri

### Kumite (Kihon ippon kumite):

#### Tori:

- Jodan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri Chudan
- Mawashi Geri Chudan
- Ushiro Geri
- Joko Geri kekomi

#### Uke:

- Shuto Juji Uke / Mawashi Geri / Ushiro Empi
- Soto Uke / Ashi Mae Geri / Nukite
- Gedan Barai / Gyaku Tsuki
- Gyako Gedan Barai / Kizano Tsuki / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki
- Harai Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki

- Jiyu ippon kumite





## Kata:

- Basai Dai
  - Jion
  - Enpi
  - Heian Oi Kumi
  - Kanku Dai
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## 1 KYU (UCHI-KYU) - Brunt bälte 3

### Kihon:

- Sambon Tsuki
- Gedan Barai / Gyaku Tsuki
- Age Uke / Gyaku Tsuki
- Ude Uke / Kisami Tsuki / Gyaku Tsuki
- Ude Uke (zenkutsu dachi) / Yoko Empi (kiba dachi) / Uraken / Gyaku Tsuki (zenkutsu dachi)
- Oi Tsuki Jondan / Joko Gery / Joko Enpi (kiba dachi), Ushiro Gery / Gedan Barai / Gyaku Tsuki / Kiznao Tsuki (zenkutsu dachi)
- Shuto Uke (kokutsu dachi) / Ashi Mae Geri / Yonhon Nukite (zenkutsu dachi)
- Mae Geri / Gyaku Tsuki
- Ren Geri
- Mawashi Geri / Gyaku Tsuki
- Mae Geri / Mawashi Geri / Gyaku Tsuki
- Mae Gery / Ura Mawashi / Gyaku Tsuki
- Joko Geri Keage (kiba dachi)
- Joko Geri Kekomi (zankutsu dachi)
- Shihon Tate Shuto Uke Gyaku Tsuki / Sihon Geri

### Balans Geri:

- Mae Geri
- Yoko Geri
- Ushiro Geri
- Mawashi Geri

### Kumite (Kihon ippon kumite):

#### Tori:

- Jodan Oi Tsuki
- Chudan Oi Tsuki
- Mae Geri Chudan
- Mawashi Geri Chudan
- Ushiro Geri
- Joko Geri kekomi

#### Uke:

- Shuto Juji Uke / Mawashi Geri / Ushiro Empi
- Soto Uke / Ashi Mae Geri / Nukite
- Gedan Barai / Gyaku Tsuki
- Gyako Gedan Barai / Kizano Tsuki / Gyaku Tsuki
- Ude Uke / Gyaku Tsuki
- Harai Uke / Gyaku Tsuki
- Soto Uke / Gyaku Tsuki

- Jiyu ippon kumite



## Kata:

- Basai Dai
  - Jion
  - Enpi
  - Heian Oi Kumi
  - Kanku Dai
  - Heian Shodan Arashi
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