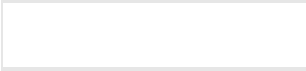













GRADUERINGS Pensum (KYU)

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 3 måneder | |
| 4.Kyu | Violet |  | 1 år 6 måneder | |
| 3.Kyu | Brunt |  | 2 år | |
| 2.Kyu | Brunt |  | 2 år 6 måneder | |
| 1.Kyu | Brunt |  | 3 år | |

SIGNATURFORKLARING:

====> Fremad

==>== Baglænds

=O==> 360° rotation/fremad

>==O= 360° rotation/baglænds

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
Mawatte
<==== Chudan Mae-geri
Mawatte
Yame

KATA: Taikyoko Shodan

KUMITE: Gohon Kumite (jodan & chudan)

8. KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai kamae
- ====> Chudan Oi-zuki
- ==>== Jodan Age-uke
- ====> Chudan Soto-uke
- ⊙ Kokutsu Dachi, Shuto-uke Kamae
- ==>== Chudan Shuto-uke
- ⊙ Zenkutsu Dachi, Gedan-barai kamae
- ====> Chudan Uchi-uke
- ==>== Gedan-barai
- ⊙ Zenkutsu Dachi, Jiyu-na-kamae
- ====> Mae-geri
- Mawatte
- <==== Mawashi-geri
- Mawatte
- ⊙ Kiba Dachi, Kakiwake kamae
- ====> Yoko-geri Keage
- Mawatte
- <==== Yoko-geri Keage
- Mawatte
- Yame

KATA: Heian Shodan

KUMITE: Gohon kumite (jodan, chudan & maegeri)

7. KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai kamae
- ====> **Jodan Oi-zuki, Chudan Gyaku-zuki**
- ==>== Jodan Age-uke
- ====> Chudan Soto-uke
- ==>== Chudan Uchi-uke
- ====> Gedan-barai
- Yame
- ⊙ Kokutsu Dachi, Shuto-uke kamae
- ==>== Chudan Shuto-uke
- Yame
- ⊙ Zenkutsu Dachi, Jiyu-na-kamae
- ====> Mae-geri
- Mawatte
- <==== Mawashi-geri
- Mawatte
- ⊙ Kiba Dachi, Kakiwake kamae
- ====> Yoko-geri Keage
- Mawatte
- <==== Yoko-geri Keage
- Mawatte**
- ====> **Yoko-geri Kekomi**
- Mawatte**
- <==== **Yoko-geri Kekomi**
- Mawatte
- Yame

KATA: Heian Nidan

KUMITE: Sanbon kumite (jodan, chudan & maegeri)

6. KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai kamae
 =====> **Jodan Oi-zuki, Chudan Gyaku-zuki**
 ==>== Jodan Age-uke, Gyaku-zuki
 =====> Chudan Soto-uke, Gyaku-zuki
 ==>== Chudan Uchi-uke, Gyaku-zuki
 =====> Gedan-Barai, Gyaku-zuki
 ◎ Kokutsu Dachi, Shuto-uke kamae
 ==>== Chudan Shuto-uke
 ◎ Zenkutsu Dachi, Gedan-barai kamae
 =====> Jodan Uraken, Chudan Gyaku-zuki
 Mawatte
 <=O== Jodan Uraken, Chudan Gyaku-zuki
 Mawatte
 =====> Mae-geri, Oi-zuki
 Mawatte Jiyu-na-kamae
 <===== Mawashi-geri
 Mawatte
 ◎ Kiba Dachi, Kakiwake kamae
 =====> Yoko-geri Keage
 Mawatte
 <===== Yoko-geri Keage
 Mawatte
 =====> Yoko-geri Kekomi
 Mawatte
 <===== Yoko-geri Kekomi
 Mawatte
 Yame

KATA: Heian Sandan

KUMITE : Kihon Ippon Kumite : 1 x Jodan oi-zuki (hidari kamae)
 1 x Chudan oi-zuki (hidari kamae)
 1 x Mae-geri (hidari kamae)

5. KYU

KIHON:

- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> **Jodan Oi-zuki, Chudan Gyaku-zuki**
- ==>== Jodan Age-uke, Gyaku-zuki
- ====> Chudan Soto-uke, Gyaku-zuki
- ==>== Chudan Uchi-uke, Kizami-zuki, Chudan Gyaku-zuki
- ====> Gedan-Barai, Gyaku-zuki
- ⊙ Kokutsu Dach, Shuto-uke kamae
- ==>== Chudan Shuto-uke, **nekoashi-dachi Gedan-barai**
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Gyaku-zuki
- Mawatte
- <=O== Jodan Uraken, Gyaku-zuki
- Mawatte
- ====> Mae-geri, Oi-zuki
- Mawatte
- <==== **Mawashi-geri, Gyaku-zuki**
- Mawatte**
- ⊙ Kiba Dach, (Jiyu-na-kamae)
- ====> **Yoko-geri Keage, skift ben Yoko-geri Kekomi**
- Mawatte**
- <==== **Yoko-geri Keage, skift ben Yoko-geri Kekomi**
- Mawatte
- Yame

KATA: Heian Yondan

KUMITE : Kihon Ippon Kumite : 2 x Jodan oi-zuki (hidari & migi kamae)
 2 x Chudan oi-zuki (hidari & migi kamae)
 2 x Mae-geri (hidari & migi kamae)

4. KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai kamae
- ====> **Jodan Oi-zuki, Chudan Gyaku-zuki**
- ==>== Jodan Age-uke, Gyaku-zuki
- ====> Chudan Soto-uke, Gyaku-zuki
- ==>== Uchi-uke, Kizami-zuki, Chudan Gyaku-zuki
- ====> Gedan-Barai, Gyaku-zuki
- ⊙ Kokutsu Dachi, Shuto-uke kamae
- ==>== Chudan Shuto-uke, **nekoashi-dachi Gedan-barai**
- ⊙ Zenkutsu Dachi, Gedan-barai kamae
- ====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Gyaku-zuki
- Mawatte
- <=O== Jodan Uraken, Gyaku-zuki
- Mawatte
- ====> Mae-geri, Oi-zuki
- Mawatte (Jiyu-na-kamae)
- <==== **Mawashi-geri, Gyaku-zuki**
- Mawatte**
- ⊙ Kiba Dachi, (Jiyu-na-kamae)
- ====> **Yoko-geri Keage, skift ben Yoko-geri Kekomi**
- Mawatte**
- <==== **Yoko-geri Keage, skift ben Yoko-geri Kekomi**
- Mawatte
- Yame

KATA: Heian Godan

KUMITE : Kihon Ippon Kumite: 1 x Jodan Oi-zuki
 1 x Chudan Oi-zuki
 1 x Maegeri
 1 x Yokogeri Kekomi
 1 x Mawashigeri

3. KYU

KIHON:

- ⊙ Zenkutsu Dachii, Gedan-barai kamae
- ====> Sanbon-zuki (jodan, chudan, chudan)
- ==>== **Jodan Age-uke, nekoashi-dachi Gedan-barai, mae ashi Mae-geri, Gyaku-zuki**
(Hold nekoashi-dachi efter spark, skift til zenkutsu-dachi Gyaku-zuki)
- ====> Soto-uke, Kiba-dachi Yoko-enpi
- Mawatte
- <==== Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki Gyaku-zuki
- Mawatte
- =O==> Jodan Uraken, Gyaku-zuki
- ⊙ Kokutsu Dachii, Shuto-uke kamae
- ==>== Chudan Shuto-uke, Nukite
- ⊙ Zenkutsu Dachii, (Jiyu-na-kamae)
- ====> **Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki**
- Mawatte (Jiyu-na-kamae)
- <==== **Mae-geri, Mawashi-geri**
- Mawatte**
- ====> **Mae-geri, Mawashi-geri**
- Mawatte
- <==== Ushiro-geri
- Mawatte
- ⊙ Kiba Dachii, (Jiyu-na-kamae)
- ====> Yoko-geri Keage, skift ben Yoko-geri Kekomi
- Mawatte
- ⊙ Zenkutsu Dachii, Gedan-barai kamae
- <==== Jodan Shuto-uchi
- Mawatte
- Yame

KATA: Tekki Shodan

Junro Shodan

KUMITE: **Jiyu Ippon Kumite:** 1 x Jodan Oi-zuki
1 x Chudan Oi-zuki
1 x Mae-geri

2. KYU

KIHON:

- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Sanbon-zuki (jodan, chudan, chudan)
- ==>== **Jodan Age-uke, nekoashi-dachi Gedan-barai, mae ashi Mae-geri, Gyaku-zuki**
(Hold nekoashi-dachi efter spark, skift til zenkutsu-dachi gyaku-zuki)
- ====> Soto-uke, Kiba-dachi Yoko-enpi
- ⊙ Kokutsu Dach, Shuto-uke kamae
- ==>== Chudan Shuto-uke, Nukite
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki Gyaku-zuki
Mawatte , (Jiyu-na-kamae)
- <==== **Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki**
Mawatte
- ====> **Mae-geri, Mawashi-geri , Ushiro-geri**
Mawatte
- <==== **Mae-geri, Mawashi-geri, Ushiro-geri**
Mawatte
- ⊙ Zenkutsu Dach, , (Jiyu-na-kamae)
- ====> **Yoko-geri Keage, Yoko-geri Kekomi (samme ben)**
Mawatte
- <==== **Yoko-geri Keage, Yoko-geri Kekomi (samme ben)**
Mawatte
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Jodan Shuto-uchi
Mawatte
- <==O= Jodan Ura Shuto-uchi, Gyaku Haito-uchi**
Mawatte
Yame

KATA: Junro Nidan

Bassai-Dai

KUMITE: Jiyu Ippon Kumite: 1 x Jodan Oi-zuki
1 x Chudan O-izuki
1 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri

1. KYU

KIHON:

- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Sanbon-zuki (jodan, chudan, chudan)
- ==>== **Jodan Age-uke, nekoashi-dachi Gedan-barai, mae ashi Mae-geri, Gyaku-zuki**
(Hold nekoashi-dachi efter spark, skift til zenkutsu-dachi gyaku-zuki)
- ====> Soto-uke, Kiba-dachi Yoko-enpi
- ⊙ Kokutsu Dach, Shuto-uke kamae
- ==>== Chudan Shuto-uke, Nukite
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki Gyaku-zuki
- Mawatte
- <==== **Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki**
- Mawatte
- ====> **Mae-geri, Mawashi-geri, Ushiro-geri, Ura Mawashi-geri**
- Mawatte
- <==== **Mae-geri, Mawashi-geri, Ushiro-geri, Ura Mawashi-geri**
- Mawatte
- ⊙ Zenkutsu Dach, (Jiyu-na-kamae)
- ====> **Yoko-geri Keage, Yoko-geri Kekomi (samme ben)**
- Mawatte**
- <==== **Yoko-geri Keage, Yoko-geri Kekomi (samme ben)**
- Mawatte
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- =O==> Jodan Uraken, Gyaku-zuki**
- Mawatte**
- <==O= Jodan Ura Shuto-uchi, Gyaku Haito-uchi**
- Mawatte
- Yame

KATA: Junro Sandan

SENTEI: Jion, Enpi

KUMITE: Jiyu Ippon Kumite: 1 x Jodan Oi-zuki
1 x Chudan O-izuki
1 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri
1 x Ushiro-geri