

## **8:e Kyu mon, Rött/vit bälte**

### **Kihon Waza (grundtekniker)**

- 1. Junzuki (framslag)**
- 2. Gyakuzuki (bakhandsslag)**
- 3. Maegeri (framspark)**
- 4. Mawashigeri (rundspark)**

### **Renraku Waza**

- 1. Maegeri chudan, kizamizuki jodan**
- 2. Maegeri chudan, gyakuzuki chudan**
- 3. Uchi uke jodan, gyakuzuki chudan**

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### **Kihon Waza (grundtekniker)**

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- 3. Maegeri (framspark)**
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### **Renraku Waza**

- 1. Maegeri chudan, kizamizuki jodan**
- 2. Maegeri chudan, gyakuzuki chudan**
- 3. Uchi uki jodan, gyakuzuki chudan**

### **Kumite**

- Ippongumite Jodan 1**
- Ippongumite Chudan 1**

### **Kata**

- Taikioku shodan**

## 7:e kyu mon, Gult/vit bälte

### Kihon Waza

#### Ji yu kumite

1. Kette Junzuki
2. Maegeri jodan
3. Surikomi mawashigeri jodan
4. Sokuto fumikomi hiza

### Renraku Waza

1. Maegeri mawashigeri gyakuzuki
2. Soto uke gyakuzuki
3. Maegeri chudan surikomi mawashigeri jodan gyakuzuki chudan

## 7:e kyu, Gult bälte

### Kihon Waza

1. Kette Junzuki
2. Maegeri jodan
3. Surikomi mawashigeri jodan
4. Sokuto fumikomi hiza

### Renraku Waza

1. Maegeri mawashigeri gyakuzuki
2. Soto uke gyakuzuki
3. Maegeri chudan surikomi mawashigeri jodan gyakuzuki chudan

### Kumite

Sanbongumite soto uke

Sanbongumite uchi uke

Sanbongumite maegeri uke ipponme (1), hidari & migi

### Kata

#### Pinan nidan

#### Ji yu kumite

## 6:e mon Kyu, Orange/vit bälte

### Kihon Waza

1. Junzuki no tsukomi
2. Kette gyakuzuki
3. Tobikomizuki
4. Surikomi sokuto chudan

### Renraku Waza

1. Maegeri jodan sokuto chudan gyakuzuki chudan
2. Maegeri surikomi sokuto fumikomi hiza gyakuzuki
3. Maegeri tobikomizuki gyakuzuki

### Kata .Pinan Shodan

## 6:e Kyu, Orange bälte

### Kihon Waza

1. Junzuki no tsukomi
2. Kette gyakuzuki
3. Tobikomizuki
4. Surikomi sokuto chudan

### Renraku Waza

1. Maegeri jodan sokuto chudan gyakuzuki chudan
2. Maegeri surikomi sokuto fumikomi hiza gyakuzuki
3. Maegeri tobikomizuki gyakuzuki

### Kumite

- Sanbongumite jodan uke ipponme (1)
- Sanbongumite jodan uke nihonme (2)
- Sanbongumite maegeri uke sanbonme (3), hidari & migi.
- Sanbongumite maegeri uke yohonme (4), hidari & migi.

### Kata. Pinan Shodan ,Sandan

### Ji yu kumite

## 5:e Kyu mon, Grönt/vit bälte

### Kihon Waza

1. Gyakuzuki no tsukomi
2. Kette junzuki no tsukomi
3. Nagashizuki jodan
4. Ushirogeri chudan
5. Nidangeri jodan

### Renraku Waza

1. Mawashigeri ushirogeri gyakuzuki
2. Sokuto ushirogeri uraken jodan
3. Maegeri mawashigeri sokuto
4. Maegeri surikomi mawashigeri jodan ushirogeri gedan gyakuzuki chudan

### Kata. Pinan Sandan

## 5:e Kyu, Grönt bälte

### Kihon Waza

1. Gyakuzuki no tsukomi
2. Kette junzuki no tsukomi
3. Nagashizuki jodan
4. Ushirogeri chudan
5. Nidangeri jodan

### Renraku Waza

1. Mawashigeri ushirogeri gyakuzuki
2. Sokuto ushirogeri uraken jodan
3. Maegeri mawashigeri sokuto
4. Maegeri surikomi mawashigeri jodan ushirogeri gedan gyakuzuki chudan

### Kumite

Sanbongumite jodan uke sanbonme  
Sanbongumite jodan uke yohonme  
Sanbongumite maegeri uke gohonme, hidari & migi  
Sanbongumite meageri uke raponme, hidari & migi  
Ippongumite jodan gohonme  
Ippongumite chudan sanbonme

### Kata Pinan Sandan, Yondan

### Ji yu kumite

## 4:e Kyu mon, Blått/vit bälte

### Kihon Waza

1. Kette gyakuzuki no tsukomi mawate haishu uke gyakuzuki
2. Uraken uchi mawate gedan barai (förflyttning av främre foten)
3. Shuto uke gyakuzuki, mawate shuto uke gyakuzuki.
4. Sokuto jodan
5. Ura mawashigeri jodan

### Renraku Waza

1. Maegeri nagashizuki jodan gyakuzuki
2. Surikomi maegeri nagashizuki jodan mawashigeri chudan
3. Maegeri sokuto fumikomi ushirogeri gedan gyakuzuki chudan
4. Heel step mawashigeri jodan back step gedan barai gyakuzuki

### Kata. Pinan Yondan

## 4:e Kyu, Blått bälte

### Kihon Waza

1. Kette gyakuzuki no tsukomi mawate haishu uke gyakuzuki
2. Uraken uchi mawate gedan barai (förflyttning av främre foten)
3. Shuto uke gyakuzuki, mawate shuto uke gyakuzuki.
4. Sokuto jodan
5. Ura mawashigeri jodan

### Renraku Waza

1. Maegeri nagashizuki jodan gyakuzuki
2. Surikomi maegeri nagashizuki jodan mawashigeri chudan
3. Maegeri sokuto fumikomi ushirogeri gedan gyakuzuki chudan
4. Heel step mawashigeri jodan back step gedan barai gyakuzuki

### Kumite

Ippongumite chudan gohonme.  
Sanbongumite maegeri uke nihonme, hidari & mi gi.  
Sanbongumite mawashigeri uke ipponme, hidari & migi.  
Ohyogumite ipponme.  
Ohyogumite nihonme

### Kata Pinan Yondan, Godan

### Ji yu kumite

## 3:e Kyu mon, Brunt/vit bälte

### Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Ushirogeri chudan
8. Sokuto chudan

### Renraku Waza

1. Surikomi maegeri chudan mawashigeri chudan  
ushirogeri chudan gyakuzuki chudan.
2. Maegeri chudan nagashizuki jodan gyakuzuki chudan  
mawashigeri chudan.
3. Surikomi maegeri chudan sokuto fumikomi  
Ushirogeri chudan uraken jodan.

## 3:e Kyu Brunt bälte

### Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Ushirogeri chudan
8. Sokuto chudan

### Renraku Waza

1. Surikomi maegeri chudan mawashigeri chudan ushirogeri chudan gyakuzuki chudan.
2. Maegeri chudan nagashizuki jodan gyakuzuki chudan mawashigeri chudan.
3. Surikomi maegeri chudan sokuto fumikomi ushirogeri chudan uraken jodan.

### Kumite

Sanbongumite maegeri uke nihonme, hidari & migi  
Sanbongumite maegeri uke yohonme, hidari & migi  
Ohyogumite gohonme, ropponme,

### Kata

Ku shanku.

Ji yu kumite

## 2:a Kyu mon, Brunt/vit bälte

### Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Nagashizuki
6. Surikomi mawashigeri jodan
7. Surikomi sokuto jodan
8. Ushirogeri chudan
9. Nidangeri jodan

### Renraku Waza

1. Surikomi maegeri chudan nagashizuki jodan mawashigeri jodan.
2. Maegeri chudan sokuto chudan ushirogeri chudan gyakuzuki chudan.
3. Zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan gyakuzuki chudan.

### Kata. Chinto

## 2:a Kyu Brunt bälte

### Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Nagashizuki
6. Surikomi mawashigeri jodan
7. Surikomi sokuto jodan
8. Ushirogeri chudan
9. Nidangeri jodan

### Renraku Waza

1. Surikomi maegeri chudan nagashizuki jodan mawashigeri jodan.
2. Maegeri chudan sokuto chudan ushirogeri chudan gyakuzuki chudan.
3. Zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan gyakuzuki chudan.

### Kumite

- Sanbon gumite jodan uke ipponme.  
 Sanbongumite maegeri uke sanbonme  
 Sanbongumite maegeri uke yohonme.  
 Ohyogumite nanhonme, happonme  
 Kihogumite ipponme, nihonme, sanbonme.

### Kata

Chinto, Seishan

## **1:a Kyu mon, Brunt/vit bälte**

### **Kihon Waza**

- 1. Kette junzuki**
- 2. Kette gyakuzuki**
- 3. Kette junzuki no tsukomi**
- 4. Kette gyakuzuki no tsukomi**
- 5. Nagashizuki**
- 6. Surikomi mawashigeri jodan**
- 7. Mawashigeri jodan**
- 8. Ushirogeri chudan**
- 9. Surikomi sokuto jodan**

### **Renraku Waza**

- 1. Zenshinshite jodan renzuki chudan maegeri chudan mawashigeri chudan ushirogeri chudan gyakuzuki chudan.**
- 2. Surikomi zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan ushirogeri chudan uraken jodan.**
- 3. Zen shinshite jodan renzuki chudan maegeri chudan nagashizuki jodan Gyakuzuki chudan mawashigeri chudan**

### **Kata. Wanshu**

## **1:a Kyu Brunt bälte**

### **Kihon Waza**

- 1. Kette junzuki**
- 2. Kette gyakuzuki**
- 3. Kette junzuki no tsukomi**
- 4. Kette gyakuzuki no tsukomi**
- 5. Nagashizuki**
- 6. Surikomi mawashigeri jodan**
- 7. Mawashigeri jodan**
- 8. Ushirogeri chudan**
- 9. Surikomi sokuto jodan**

### **Renraku Waza**

- 1. Zenshinshite jodan renzuki chudan maegeri chudan mawashigeri chudan ushirogeri chudan gyakuzuki chudan.**
- 2. Surikomi zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan ushirogeri chudan uraken jodan.**
- 3. Zen shinshite jodan renzuki chudan maegeri chudan nagashizuki jodan Gyakuzuki chudan mawashigeri chudan**

### **Kumite**

- Sanbongumite jodan uke sanbonme, yohonme.**
- Sanbongumite mawashigeri uke nihonme.**
- Sanbongumite maegeri uke gohonme (5), hidari & migi.**
- Ohyogumite kupponme, jupponme.**
- Kihongumite yohonme, gohonme,ropponme, nanahonme.**

### **Kata**

- Basai + pinan kata**
- Ji yu kumite**



