

**6:e Kyu****Grundövningar**

Mae ukemi
Ushiro ukemi
Shikko mae
Tai no tenkan
Irimi tenkan

Tachi wasa

Katate dori	Tai no tenkan ho
Aihanmi katate dori	Ikkyo
Ryote dori	Tenchi nage

Suwari wasa

Ryote dori	Seiza kokyu ho
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5:e Kyu**Grundövningar**

Shikko ushiro
Ikkyo undo
Irimi tenkan ikkyo undo
Shomen uchi - Ikkyo undo

Tachi wasa

Aihanmi katate dori	Shiho nage Irimi nage
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Shomen uchi	Ikkyo Irimi nage
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Katate dori	Tenchi nage Kokyu nage
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Suwari wasa

Ryote dori	Seiza kokyu ho
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4:e Kyu**Grundövningar**

Shikko kaiten

Tachi wasa

Aihanmi katate dori	Nikyo Sankyo Kotegaeshi Ude kime nage
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Katate dori	Ikkyo Nikyo Kokyu ho Ude kime nage Uchi kaiten nage Irimi nage Kotegaeshi
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Kata dori	Ikkyo Nikyo
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Ushiro ryote dori	Sankyo
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Shomen uchi	Kotegaeshi
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Yokomen uchi	Shiho nage Ude kime nage
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Suwari wasa

Aihanmi katate dori	Ikkyo Irimi nage
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Shomen uchi	Ikkyo Irimi nage
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3:e Kyu**Tachi wasa**

Katate dori	Soto kaiten nage
Morote dori	Ikkyo Nikyo Kotegaeshi Ude kime nage Kokyu ho Kokyu nage

Ryote dori	Ikkyo Shiho nage
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Ushiro ryote dori	Ikkyo Nikyo Kotegaeshi Shiho nage Irimi nage Ude kime nage
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Shomen uchi	Nikyo Sankyo Yonkyo
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Yokomen uchi	Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kotegaeshi
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Jiyuwasa	Katate dori
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Suwari wasa

Katate dori	Ikkyo Nikyo
Kata dori	Ikkyo Nikyo
Shomen uchi	Nikyo Sankyo Kotegaeshi

Hanmi handachi wasa

Katate dori	Shiho nage Uchi kaiten nage Irimi nage
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Shomen uchi	
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2:a Kyu**Tachi wasa**

Aihanmi katate dori	Koshi nage
Katate dori	Sankyo Sumi otoshi

Kata dori	Sankyo
Ryote dori	Kotegaeshi Irimi nage

Morote dori	Irimi nage
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Kata dori men uchi	Ikkyo Nikyo Sankyo Irimi nage Kotegaeshi Shiho nage
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Ushiro ryote dori	Juji garami
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Ushiro ryo kata dori	Ikkyo Nikyo Sankyo Kokyu ho Aiki otoshi
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Shomen uchi	Shiho nage Uchi kaiten nage Soto kaiten nage
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Yokomen uchi	Gokyo
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Chudan tsuki	Irimi nage
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Jodan tsuki	Hiji kime osae
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Jiyuwasa – Shomen uchi	
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Suwari wasa

Katate dori	Kotegaeshi Irimi nage
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Yokomen uchi	Gokyo Irimi nage
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Hanmi handachi wasa

Katate dori	Soto kaiten nage Ikkyo
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Ryote dori	Shiho nage
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1:a kyu**Tachi wasa**

Katate dori	Koshi nage
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Morote dori	Juji garami
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Ryo kata dori	Ikkyo Kokyu ho Kokyu nage
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Shomen uchi	Gokyo Koshi nage
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Chudan tsuki	Nikyo Sankyo Kote gaeshi
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Jodan tsuki	Ikkyo Nikyo Sankyo Shiho nage
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Muna dori	Shiho nage
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Ushiro eri dori	Ikkyo Kotegaeshi Shiho nage
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Ushiro katate dori	Shiho nage
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kubishime	Ikkyo Kotegaeshi Shiho nage
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Ushiro katate dori	Shiho nage
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kubishime	Shiho nage Koshi nage
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Jiyuwasa – Toriwasa	(olika sorters grepp)
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Jiyuwasa – Uchiwasa	(olika sorters slag)
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Hanmi handachi wasa

Ushiro ryo kata dori	Kokyo nage Kote gaeshi Sankyo
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Keri

Mae geri	Kokyu ho
Mawashi geri	Osae