



GRADERINGSSYSTEM

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
Shomen uchi	Ikkyo Irimi nage
Katate dori	Tenchi nage Kokyu nage

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

Suwari wasa

Aihanmi katate dori	Ikkyo Irimi nage
Shomen uchi	Ikkyo Irimi nage

Till varje ny
kyu-grad ska
även tekniker från
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3:e Kyu

Tachi wasa

Katate dori	Soto kaiten nage
Katate ryote dori/Morote dori	Ikkyo
	Nikyo
	Kotegaeshi
	Ude kime nage
	Kokyu ho
	Kokyu nage
Ryote dori	Ikkyo
	Shiho nage
Ushiro ryote dori	Ikkyo
	Nikyo
	Kotegaeshi
	Shiho nage
	Irimi nage
	Ude kime nage
Shomen uchi	Nikyo
	Sankyo
	Yonkyo
Yokomen uchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Irimi nage
	Kotegaeshi
Jiyuwasa	Katate dori

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
Shomen uchi	Irimi nage

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

Suwari wasa

Katate dori	Kotegaeshi
	Irimi nage
Yokomen uchi	Gokyo
	Irimi nage

Hanmi handachi wasa

Katate dori	Soto kaiten nage
	Ikkyo
Ryote dori	Shiho nage

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1:a kyu

Tachi wasa

Katate dori	Koshi nage
Katate ryote dori/Morote dori	Juji garami
Ryo kata dori	Ikkyo
	Kokyu ho
	Kokyu nage
Shomen uchi	Gokyo
	Koshi nage
Chudan tsuki	Nikyo
	Sankyo
	Kotegaeshi
Jodan tsuki	Ikkyo
	Nikyo
	Sankyo
	Shiho nage
Muna dori	Shiho nage
Ushiro eri dori	Ikkyo
	Kotegaeshi
	Shiho nage
Ushiro katate dori kubishime	Shiho nage
	Koshi nage

Jiyuwasa – Toriwasa (olika sorters grepp)
 Jiyuwasa – Uchiwasa (olika sorters slag)

Hanmi handachi wasa

Ushiro ryo kata dori	Kokyu nage
	Kotegaeshi
	Sankyo

Keri

Mae geri	Kokyu ho
Mawashi geri	Osae

