



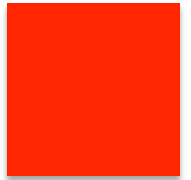
KOMPENDIUM

GRADERINGSTEKNIKER 2015
FÖR INSTRUKTÖRER



8 KYU

RÖTT BÄLTE



KIHON WAZA

1. Junzuki, Mawate Jodan Uke *
2. Gyakuzuki, Mawate Gedan Barai
3. Maegeri Chudan *
4. Surikomi Maegeri Chudan
5. Sokuto Fumikomi *

RENRAKU WAZA

1. Maegeri Chudan, Tobikomizuki *
2. Surikomi Maegeri Chudan, Tobikomizuki
3. Maegeri Chudan, Gyakuzuki Chudan *
4. Surikomi Maegeri Chudan, Gyakuzuki Chudan

UKE

1. Chudan SotoUke, Gyakuzuki Chudan *
2. Chudan Uchi Uke Gyakuzuki Chudan

* Mongrad

RÄKNEORD

Ichi	Ett
Ni	Två
San	Tre
Shi	Fyra
Go	Fem
Roku	Sex
Shichi	Sju
Hachi	Åtta
Ku	Nio
Ju	Tio

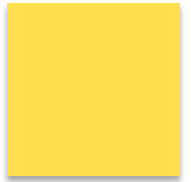
Hälsning

När vi hälsar säger vi: Onegai-shimasu (Lär mig)

När vi tackar av säger vi: Arigato-Gozaimashita (Tack för träningen)

7 KYU

GULT BÄLTE



KIHON WAZA

1. Junzuki No Tsukomi*
2. Gyakuzuki No Tsukomi
3. Mawashigeri Chudan*

RENRAKU WAZA

1. Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan*
2. Surikomi Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan

SANBONGUMITE

1. Chudan Soto Uke*
2. Chudan Uchi Uke
3. Chudan Maegeri Uke Ipponme*
4. Chudan Maegeri Uke Nihonme

KATA

1. Pinan Nidan

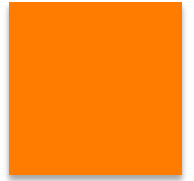
* Mongrad

ORDLISTA

Ipponme	Första
Nihonme	Andra
Sanbonme	Tredje
Yonhonme	Fjärde
Gohonme	Femte
Ropponme	Sjätte
Nanahonme	Sjunde
Hachihonme	Åttonde
Kyuhonme	Nionde
Jupponme	Tionde

6 KYU

ORANGE BÄLTE



KIHON

1. Kette Junzuki*
2. Kette Gyakuzuki
3. Tobikomizuki*
4. Surikomi Mawashigeri Chudan
5. Surikomi Sokuto Chudan*

RENRAKU WAZA

1. Maegeri Chudan, Sokuto Fumikomi Hiza, Gyakuzuki Chudan*
2. Surikomi, Maegeri Chudan, Sokuto Chudan, Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme*
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Gohonme*
4. Chudan Maegeri Uke Ropponme

OHYOGUMITE

1. Ipponme*

KATA

1. Pinan Shodan*
2. Pinan Sandan

JI YU KUMITE

* Mongrad

5 KYU

GRÖNT BÄLTE

KIHON

1. Kette Junzuki*
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi*
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki*
6. Ushirogeri Gedan
7. Sokuto Chudan*
8. Nidan Geri Jodan

RENRAKU WAZA

1. Mawashigeri Chudan, Ushirogeri Gedan, Gyakuzuki Chudan*
2. Surikomi Sokuto Fumikomi hiza, Ushirogeri Gedan, Uraken Jodan

SANBONGUMITE

1. Jodan Uke Sanbonme*
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Sanbonme*
4. Chudan Maegeri Uke Yonhonme
5. Chudan Soto Uke*
6. Chudan Uchi Uke

OHYOGUMITE

1. Nihonme*

KATA

1. Pinan Sandan*
2. Pinan Yodan

JI YU KUMITE

* Mongrad

4 KYU

BLÅTT BÄLTE

KIHON

1. Kette Junzuki*
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi*
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki*
6. Mawashigeri Chudan
7. Ushirogeri Chudan*
8. Sokuto Chudan

RENRAKU WAZA

1. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan*
2. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Chudan
3. Maegeri Chudan, Sokuto Fumikomi, Ushirogeri Gedan, Gyakuzuki Chudan*

SANBONGUMITE

1. Jodan Uke Ipponme*
2. Jodan Uke Sanbonme
3. Chudan Soto Uke*
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Yonhonme*
6. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Sanbonme*

KATA

1. Pinan Yodan
2. Pinan Godan*

JI YU KUMITE

* Mongrad

3 KYU

BRUNT BÄLTE

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. 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

SANBONGUMITE

1. Jodan Uke Nihonme
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Sanbonme
5. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Ipponme
2. Nihonme
3. Yohonme

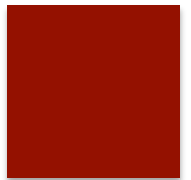
KIHONGUMITE

1. Ipponme
2. Nihonme

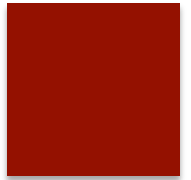
KATA

1. Kushanku

JI YU KUMITE



2 KYU BRUNT BÄLTE



KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

RENRAKU WAZA

1. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan
2. Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
3. Zenshinshite Jodan, Chudan Renzuki, Surikomi Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan

- SANBONGUMITE
1. Jodan Uke Ipponme
 2. Jodan Uke Yonhonme
 3. Chudan Soto Uke
 4. Chudan Uchi Uke
 5. Chudan Maegeri Uke Nihonme
 6. Chudan Maegeri Uke Yonhonme
 7. Chudan Maegeri Uke Ropponme

- OHYOGUMITE
1. Sanbonme #3
 2. Yonhonme #4
 3. Gohonme #5

- KIHONGUMITE
1. Sanbonme
 2. Yonhonme

- KATA
1. Kushanku
 2. Naihanchi

JJ YU KUMITE

IKYU BRUNT BÄLTE



KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan

RENRAKU WAZA

1. Zenshinshite Jodan, Chudan Renzuki, Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
2. Surikomi Jodan, Chudan Renzuki, Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan
3. Zenshinshite Jodan, Chudan Renzuki, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Jodan Uke Sanbonme
4. Chudan Soto Uke
5. Chudan Uchi Uke
6. Chudan Maegeri Uke Ipponme
7. Chudan Maegeri Uke Yonhonme
8. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Gohonme
2. Ropponme
3. Nanahonme

KIHONGUMITE

1. Ropponme
2. Nanahonme

KATA

1. Seishan

JI YU KUMITE