



GRADUERINGSPENSUM

BØRN

Gradueringer skal fungerer som et motiverende element i børnenes karate udvikling. Derfor tillades det at instruktørerne tager visse hensyn, eller ser med milde øjne på børnegradueringer. Disse hensyn være at berolige, tælle, forklare, eller demonstrere for eleverne.

I øvrigt skal kravene til børn og voksne ikke være de samme generelt.

De enkelte instruktør ude i klubberne skal tage ansvar for, at gradueringerne bliver en positiv oplevelse for den enkelte elev, uden at der slækkes unødvendigt på kravene.

Når børn/unge fylder 15år bliver kravene de samme som hos voksne.

Grad	Bæltefarve	Minimum træningstid ialt
Begynder	Hvidt	
9.mon-kyu	Hvidt/Gult/Hvidt	1 måned
9.Kyu	Gult	4 måneder
8.mon-kyu	Hvidt/Orange/Hvidt	7 måneder
8.Kyu	Orange	10 måneder
7.mon-kyu	Hvidt/Rødt/Hvidt	1 år 1 måned
7.Kyu	Rødt	1 år 4 måneder
6.mon-kyu	Hvidt/Grønt/Hvidt	1 år 7 måneder
6.Kyu	Grønt	1 år 10 måneder
5.mon-kyu	Hvidt/Blåt/Hvidt	2 år 1 måned
5.Kyu	Blåt	2 år 4 måneder
4.mon-kyu	Hvidt/Violet/Hvidt	2 år 7 måneder
4.Kyu	Violet	2 år 10 måneder
3.mon-kyu	Hvidt/Brunt/Hvidt	3 år 1 måned
3.Kyu	Brunt	3 år 4 måneder
2.Kyu	Brunt m. stribe	3 år 10 måneder
1.Kyu	Brunt m. 2striber	4 år 4 måneder
1.Dan	Sort	5 år 4 måneder
2.Dan	Sort	7 år 4 måneder

SIGNATURFORKLARING:

====> Fremad

==>== Baglænds

=O==> 360° rotation/fremad

>==O= 360° rotation/baglænds

==x== Samme sted

9. MON - KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

==>== Gedan-barai

Mawazute

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

9. KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

==>== Gedan-barai

Mawazute

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

KATA:

Taikyoko Shodan

8. MON - KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

==>== **Chudan Oi-zuki**

====> Jodan Age-uke

==>== Chudan Soto-uke

====> Chudan Uchi-uke

◎ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

Yame

8. KYU

KIHON:

⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

==>== **Chudan Oi-zuki**

====> Jodan Age-uke

==>== Chudan Soto-uke

====> Chudan Uchi-uke

⊙ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

⊙ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

Yame

KATA: Heian Shodan

KUMITE: Gohon kumite (jodan, chudan) , (hidari kamae)

7. MON - KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

Mawazute

<==== Chudan Gyaku-zuki

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

- ⊙ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

- ⊙ Zenkutsu-Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

Yame

- ⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

7. KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Jodan Oi-zuki

Mawazute

<==== Chudan Gyaku-zuki

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

◎ Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu-Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

KATA: Heian Nidan

KUMITE : Gohon Kumite (jodan, chudan & maegeri) , (hidari kamae)
Sanbon Kumite (jodan, chudan, maegeri) , (hidari kamae)

6. MON - KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> **Jodan Oi-zuki**

Mawazute

<==== **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

==>== Gedan-Barai, Gyaku-zuki

Yame

- ⊙ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke

==>== Chudan Shuto-uke

Yame

- ⊙ Zenkutsu Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

- ⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

6. KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> **Jodan Oi-zuki**

Mawazute

<==== **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke, Gyaku-zuki

Mawazute

====> Chudan Uchi-uke, Gyaku-zuki

==>== Gedan-Barai, Gyaku-zuki

Yame

- ⊙ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke

==>== Chudan Shuto-uke

Yame

- ⊙ Zenkutsu Dachi Kamae

====> Mae-geri (chudan)

Mawazute

<==== Mae-geri (jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

- ⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

KATA: Heian Sandan

KUMITE : Sanbon Kumite (jodan, chudan, maegeri) , (hidari & migi kamae)

5. MON - KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> Chudan Uchi-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki

==>== **Gedan-Barai (nekoashi), Chudan Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

=O==> **Chudan Shuto-uke**

==>== Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan, jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

5. KYU

KIHON:

⊙ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Chudan Gyaku-zuki**

==<== Jodan Age-uke, Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> Chudan Uchi-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki

==>== **Gedan-Barai (nekoashi), Chudan Gyaku-zuki (zenkutsu)**

Yame

⊙ Kokutsu Dachi, Shuto-uke Kamae

=O==> **Chudan Shuto-uke**

==>== Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

Yame

⊙ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan, jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

⊙ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

KATA:

Heian Yondan

KUMITE :

Kihon Ippon Kumite:

1 x Jodan Oizuki (hidari kamae)
1 x Chudan Oizuki (hidari kamae)
1 x Maegeri (hidari kamae)

4. MON - KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Chudan Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> **Gedan Soto-barai**

==>== **Chudan Uchi-uke (nekoashi), Jodan Kizami-zuki Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

>==O= **Chudan Shuto-uke (kokutsu)**

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan,jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

4. KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Sanbon-zuki (jodan, chudan, chudan)

Mawazute

<==O= **Jodan Uraken-uchi Chudan Gyaku-zuki**

==<== Jodan Age-uke, Chudan Gyaku-zuki

<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba)

Mawazute

====> **Gedan Soto-barai**

==>== **Chudan Uchi-uke (nekoashi), Jodan Kizami-zuki Gyaku-zuki (zenkutsu)**

Yame

◎ Kokutsu Dachi, Shuto-uke Kamae

====> Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)

>==O= **Chudan Shuto-uke (kokutsu)**

Yame

◎ Zenkutsu Dachi Kamae

====> Mae-geri Rengeri (chudan, jodan)

Mawazute

<==== Mae-geri Rengeri (chudan,jodan)

Mawazute

====> Mawashi-geri (chudan)

Mawazute

<==== Mawashi-geri (jodan)

Mawazute

Yame

◎ Kiba Dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

Mawazute

====> Yoko-geri Kekomi

Mawazute

<==== Yoko-geri Kekomi

Mawazute

Yame

KATA:

Heian Godan

KUMITE :

Kihon Ippon Kumite:

2 x Jodan Oizuki (hidari & migi kamae)
2 x Chudan Oizuki (hidari & migi kamae)
2 x Maegeri (hidari & migi kamae)
1 x Yokogeri Kekomi (hidari kamae)
1 x Mawashigeri (hidari kamae)

3. MON - KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae
====> Sanbon-zuki (jodan, chudan, chudan)
==>== Gyaku Sanbon-zuki (chudan, jodan, chudan)

====> Jodan Age-uke, Ushiroashi Mae-geri, Chudan Gyaku-zuki
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi Uraken-uchi (kiba)

====> **Gedan-Barai, Uchi-ude-uke (samme arm), Chudan Gyaku-zuki**
==>== Gedan Soto-barai, Chudan Gyaku-zuki

====> Jodan Soto-shuto-uchi
==>== Chudan Mae-enpi
Yame

◎ Kokutsu Dachi, Shuto-uke Kamae
=O==> **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**
==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)
Yame

◎ Zenkutsu Dachi Kamae
====> Mae-geri (jodan)
Mawazute
<==== Mae-geri Rengeri (chudan,jodan)
Mawazute
====> Mawashi-geri (chudan)
Mawazute
<==== Mawashi-geri (jodan)
Mawazute
Yame

◎ Kiba Dachi, Gedan-barai Kamae
====> Yoko-geri Keage
Mawazute
<==== Yoko-geri Keage
Mawazute
====> Yoko-geri Kekomi
Mawazute
<==== Yoko-geri Kekomi
Mawazute
Yame

◎ Zenkutsu Dachi Kamae
====> Ushiro-geri
Mawazute
<==== Ushiro-geri
Mawazute
Yame

3. KYU

KIHON:

⊙ Zenkutsu Dach, Gedan-barai Kamae
====> Sanbon-zuki (jodan, chudan, chudan)
==>== Gyaku Sanbon-zuki (chudan, jodan, chudan)

====> Jodan Age-uke, Ushiroashi Mae-geri, Chudan Gyaku-zuki
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi Uraken-uchi (kiba)

====> **Gedan-Barai, Uchi-ude-uke (samme arm), Chudan Gyaku-zuki**
==>== Gedan Soto-barai, Chudan Gyaku-zuki

====> Jodan Soto-shuto-uchi
==>== Chudan Mae-enpi
Yame

⊙ Kokutsu Dach, Shuto-uke Kamae
=O==> **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**
==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)
Yame

⊙ Zenkutsu Dach Kamae
====> Mae-geri (jodan)
Mawazute
<==== Mae-geri Rengeri (chudan,jodan)
Mawazute
====> Mawashi-geri (chudan)
Mawazute
<==== Mawashi-geri (jodan)
Mawazute
Yame

⊙ Kiba Dach, Gedan-barai Kamae
====> Yoko-geri Keage
Mawazute
<==== Yoko-geri Keage
Mawazute
====> Yoko-geri Kekomi
Mawazute
<==== Yoko-geri Kekomi
Mawazute
Yame

⊙ Zenkutsu Dach Kamae
====> Ushiro-geri
Mawazute
<==== Ushiro-geri
Mawazute
Yame

KATA: Tekki Shodan

Junro Shodan

KUMITE: Kihon Ippon Kumite: 1 af alle angreb (hidari kamae)
1 af alle angreb (migi kamae)

2. KYU

KIHON:

- ◎ Zenkutsu Dachi, Gedan-barai Kamae
====> Mae-geri, Oi-zuki (chudan, jodan)
Mawazute
<==== Mawashi-geri, Gyaku-zuki (jodan, chudan)
Mawazute
====> Jodan Age-uke, Ushiroashi Mae-geri, Chudan Gyaku-zuki
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi Uraken-uchi (kiba)
- ====> Chudan Gyaku-zuki, Mae-geri Oi-zuki, Gedan-barai
==>== **Gedan-barai Chudan Uchi-uke (samme arm), Chudan Gyaku-zuki**
(zenkutsu) (nekoashi) (zenkutsu)
- ====> Jodan Tate-enpi, Gyaku Chudan Mae-enpi
Mawazute
<==== Jodan Soto-shuto-uchi, Jodan Uchi-shuto-uchi (samme arm)
Mawazute
Yame
- ◎ Kokutsu Dachi, Shuto-uke Kamae
====> Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)
>==O= **Chudan Shuto-uke (kokutsu), Chudan Nukite (zenkutsu)**
Yame
- ◎ Zenkutsu Dachi Kamae
====> Rengeri: Mae-geri, Mawashi-geri
Mawazute
<==== Rengeri: Mae-geri, Mawashi-geri
Mawazute
====> Kizami Mae-geri, Ushiro-geri
Mawazute
<==== Kizami Mae-geri, Ushiro-geri
Mawazute
Yame
- ◎ Kiba Dachi, Gedan-barai Kamae
====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)
Mawazute
<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)
Mawazute
Yame

KATA: *Junro Nidan*

Bassai - Dai

KUMITE: Jiyu Ippon Kumite: 1 x Jodan Oizuki (hidari kamae)
1 x Chudan Oizuki (hidari kamae)
1 x Mae-geri (hidari kamae)
1 x Yoko-geri Kekomi (hidari kamae)
1 x Mawashi-geri (hidari kamae)

Angreb stoppes i kihon-stil

1. KYU

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae
====> **Mae-geri, Oi-zuki (chudan, jodan), samme arm Uraken-uchi**
Mawazute
<==== Mawashi-geri, Gyaku-zuki (jodan, chudan)
Mawazute
====> Chudan Gyaku-zuki, Mae-geri Oi-zuki, Gedan-barai
==>== Jodan Age-uke, Tate mawashi Uraken-uchi, Chudan Gyaku-zuki
====> **Gedan-barai Chudan Uchi-uke Kizami-zuki (samme arm), Chudan Gyaku-zuki**
(zenkutsu) (nekoashi) (zenkutsu)
==>== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba), Uraken-uchi Chudan Gyaku-zuki (zenkutsu)
====> Gedan-barai, Ushiroashi Mae-geri, Chudan Gyaku-zuki
==>== Gedan Soto-barai, Jodan Yoko mawashi Uraken-uchi (samme arm), Chudan Gyaku-zuki
====> Jodan Soto-shuto-uchi, Gyaku Jodan Haito-uchi
==>== Jodan Tate-enpi, Gyaku Chudan Mae-enpi (zenkutsu), Chudan Yoko-enpi (kiba)
Yame
- ⊙ Kokutsu Dachi, Shuto-uke Kamae
====> Chudan Shuto-uke (kokutsu), Ushiroashi Mae-geri, Chudan Nukite (zenkutsu)
==>== Chudan Shuto-uke, Chudan Gyaku-zuki (kokutsu)
Yame
- ⊙ Zenkutsu Dachi Kamae
====> Rengeri: Mae-geri, Mawashi-geri
Mawazute
<==== Rengeri: Mae-geri, Mawashi-geri
Mawazute
====> Kizami Yoko-geri Kekomi, Ushiro-geri
Mawazute
<==== Kizami Yoko-geri Kekomi, Ushiro-geri
Yame
- ⊙ **Zenkutsu Dachi Kamae**
====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)
Mawazute
<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)
Mawazute
Yame

KATA: *Junro Sandan*

SENTEI: *Jion, Enpi*

KUMITE: Jiyu Ippon Kumite: 2 x Jodan Oizuki (hidari & migi kamae)
2 x Chudan Oizuki (hidari & migi kamae)
2 x Mae-geri (hidari & migi kamae)
2 x Yoko-geri Kekomi (hidari & migi kamae)
2 x Mawashi-geri (hidari & migi kamae)

Der må ikke bruges samme forsvar til begge sider
Angreb stoppes i kihon-stil

1. DAN

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-barai Kamae
====> **Tobi konde Sanbon-zuki (jodan, chudan, chudan)**
Mawazute
<==== Gyaku Sanbon-zuki (chudan, jodan, chudan)
==<== Age-uke Gedan-barai (samme arm), Chudan Gyaku-zuki
<==== Chudan Soto-uke (zenkutsu), Yoko-enpi (kiba), Uraken-uchi Chudan Gyaku-zuki (zenkutsu)
Mawazute
====> Uchi-uke, Jodan Kizami-zuki, ushiroashi Mae-geri, Chudan Gyaku-zuki
==>== Gedan-barai, Jodan tate mawashi Uraken-uchi, Chudan Gyaku-zuki
====> Chudan Mae-enpi, Gyaku Jodan Tate-enpi (zenkutsu) Yoko-enpi (kiba)
Mawazute
<==== **Jodan Soto-shuto-uchi, <=O= Jodan Nagashi-enpi, =O==< Jodan Uchi-shuto-uchi**
Mawazute
Yame
⊙ Kokutsu Dachi, Shuto-uke Kamae
====> Chudan Shuto-uke (kokutsu), Kizami Jodan Nukite, Chudan Nukite (zenkutsu)
==>== Chudan Shuto-uke (kokutsu), Kizami Mae-geri, Chudan Nukite (zenkutsu)
Yame
⊙ Zenkutsu Dachi, Gedan-barai Kamae
====> Age-uke Gyaku-zuki, (twist) Yoko-enpi, (twist) Shuto-uke, Chudan Gyaku-zuki
Mawazute
<==== **Gedan-barai Age-uke Kizami Mae-geri, Chudan Gyaku-zuki**
(zenkutsu), (nekoashi), (zenkutsu)
Mawazute
Yame

⊙ Zenkutsu Dachi Gedan-barai Kamae
====> Mae-geri, Mawashi-geri, Gyaku-zuki, Gedan-barai **(2 x , skift kamae, 2 x)**
Mawazute
<==== Mae-geri, Yoko-geri Kekomi, Gyaku-zuki, Gedan-barai **(2 x , skift kamae, 2 x)**
Mawazute
====> Kizami Yoko-geri Kekomi, Ushiro-geri
Mawazute
<==== Kizami Yoko-geri Kekomi, Ushiro-geri
Mawazute
Yame

⊙ Kiba Dachi, Gedan-barai Kamae
====> Yoko-geri Keage, Yoko-geri Kekomi (skift ben)
Mawazute
<==== Yoko-geri Keage, Yoko-geri Kekomi (skift ben)
Mawazute
Yame

Kime Waza: Gyaku-zuki

KATA: **Junro Yondan**

SHITEI: Heian 1 - 5 & Tekki Shodan

SENTEI: Bassai-Dai, Jion, Enpi, Kanku-Dai, Jitte

KUMITE: Jiyu Ippon Kumite: *(valgfri kamae)*

1 x Jodan Oizuki, 1 x Chudan Oizuki, 1 x Maegeri, 1 x Yoko-geri Kekomi
1 x Mawashi-geri, 1 x Ushiro-geri, 1 x Kizamizuki, 1 x Chudan Gyakuzuki

