



GRADUERINGS Pensum

VOKSNE

Grad	Bæltefarve	Minimum træningstid ialt	Bem:
Begynder	Hvidt		
9.Kyu	Gult	3 måneder	
8.Kyu	Orange	6 måneder	
7.Kyu	Rødt	9 måneder	
6.Kyu	Grønt	1 år	
5.Kyu	Blåt	1 år 4 måneder	
4.Kyu	Violet	1 år 8 måneder	
3.Kyu	Brunt	2 år	
2.Kyu	Brunt	2 år 6 måneder	
1.Kyu	Brunt	3 år	
1.Dan	Sort	3 år 6 måneder	
2.Dan	Sort	4 år 6 måneder	
3.Dan	Sort	6 år 6 måneder	
4.Dan	Sort	9 år 6 måneder	

SIGNATURFORKLARING:

====> Fremad

==>== Baglænds

=O==> 360° rotation/fremad

>==O= 360° rotation/baglænds

==x== Samme sted

9. KYU

KIHON:

◎ Zenkutsu Dachi, Gedan-barai Kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

==>== Gedan-barai

Yame

◎ Zenkutsu Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

KATA: *Taikyoko Shodan*

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

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 & maegeri) , (hidari kamae)

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. 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. 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: 2 x Jodan Oizuki (hidari & migi kamae)
2 x Chudan Oizuki (hidari & migi kamae)
2 x Maegeri (hidari & migi kamae)

Der må ikke bruges samme forsvar til begge sider.

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)

Der må ikke bruges samme forsvar til begge sider.

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)

Der må ikke bruges samme forsvar til begge sider.

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 Dach, 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 Dach, Shuto-uke Kamae
====> Chudan Shuto-uke (kokutsu), Ushiroashi Mae-geri, Chudan Nukite (zenkutsu)
==>== Chudan Shuto-uke, Chudan Gyaku-zuki (kokutsu)
Yame
- ⊙ Zenkutsu Dach 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 Dach Kamae**
====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)
Mawazute
<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)
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

Jiyu Kumite (minimum 1 kamp)

3. DAN

KIHON:

⊙ Heisoku Dachi, Choku-zuki Kamae
Oi-zuki, Hantei Oi-zuki, Kizami-zuki, Hantei Kizami-zuki
====> ==<====

⊙ Zenkutsu Dachi, Gedan-barai Kamae
====> Soto-shuto-uchi, Uchi-shuto-uchi (samme arm), Gyaku Haito-uchi, (spind 360°) Uchi-shuto-uchi,
Gyaku Gedan-shuto-uchi doji Jodan Kaishu Nagashi-uke,
Gyaku Chudan Osai-uke doji Chudan Yonhon Nukite

Mawazute

Tate-enpi, Gyaku Mae-enpi, Yoko-enpi, Soete Ushiro-enpi, Nagashi-enpi, Otoshi-enpi

<====> ==X== =====X===== =====X===== >====>
(zenkutsu) (kiba) (moto) (zenkutsu) (fudo)

Mawazute

Age-uke, Muso-uke, Uchi-uke, Morote mawashi Kake-uke awase Teisho-zuki

====> ==X== ==X== =====X===== >====>
(zenkutsu) (fudo) (hangetsu) (sanshin)

Mawazute

Yame

⊙ Fudo Dachi, Gedan-barai Kamae
Chudan Oi-zuki

<====>

Mawazute

Yame

⊙ **Jiyu Na Kamae**
====> **Kizami-zuki, Tobi konde Sanbonzuki**
Mawazute
<==== **Mawashigeri, <==== Ashi-barai, Chudan Gyaku-zuki**
Mawazute
Yame

⊙ Jiyu Na Kamae

Glid frem Kizami-zuki, taisabaki 90° til siden Tate-shuto-uke, glid ind Chudan Gyaku-zuki, glid tilbage Kamae.

45° taisabaki Kizami-zuki Chudan Gyaku-zuki,
Mawashi-geri, glid ind Uraken-uchi, glid ind Gyaku-zuki, glid tilbage Kamae

Balance: Mae-geri, Yoko-geri Kekomi, Ushiro-geri, Mawashi-geri (frem, siden, bagud, frem)

Kime Waza: Gyaku-zuki el. Kizami-zuki

KATA: TOKUI + evt. *spørgsmål*
SENTEI **Kasshu, Kakuyoku-Shodan**
SHITEI Bassai-Dai, Jion, Enpi, Kanku-Dai, Jitte, Hangetsu, Tekki Nidan
Junro 1-5

KUMITE: Kaeshi Ippon kumite (1xjodan, 1xchudan, 1xkeri)
Jiyu Kumite (minimum 3 kampe)

4. DAN

KIHON:

- ◎ Shizentai

Dachi-kombination med div. Te-waza

flg. Dachi indgår: Zenkutsu, Kokutsu, Kiba, Hangetsu, Fudo, Nekoashi, Sanshin – i vilkårlig rækkefølge

- ◎ Jiyu Na Kamae

Oikomi (kun Te-waza)

Oikomi (kun Keri-waza)

Oikomi (kombination af Te-, & Keri waza)

KATA:

TOKUI + *spørgsmål*

SENTEI *Kasshu, Hachimon*
Kakuyoku-Shodan, Kakuyoku-Nidan

SHITEI Bassai-Dai, Jion, Enpi, Kanku-Dai, Hangetsu, Jitte, Tekki Nidan,
Tekki Sandan , Gankaku, Bassai-Sho, Kanku-Sho

KUMITE:

Jiyu Kumite (minimum 5 kampe)