

# Kyu Examination 9. Kyu Yellow belt - 8. Kyu Orange belt

↑ Forward

↓ Backward

→ To the side

## Kihon

### From Zenkutsu-dachi Gedan-barai

1. ↑ Chudan Oi-zuki
2. ↑ Chudan Gyaku-zuki
3. ↓ Jodan Age-uke
4. ↑ Chudan Soto-uke
5. ↑ Chudan Uchi-uke

### From to Kokutsu-dachi Shuto-uke

6. ↓ Chudan Shuto-uke

### From Zenkutsu-dachi Morote-gedan-barai

7. ↑ Mae-geri - Chudan
8. ↑ Mae-geri - Jodan

### From Kiba-dachi Gedan-barai

9. ↑ Yoko-geri-keage
10. ↑ Yoko-geri-keage

## Kata

Heian Shodan

/

Heian Nidan

## Kumite

### **Gohon Kumite**

Jodan Oi-zuki - Age-uke

Chudan Oi-zuki- Soto-uke

# Kyu Examination 6. – 7. Kyu Green belt

↑ Forward

↓ Backward

→ To the side

## Kihon

### From Zenkutsu-dachi Gedan-barai

1. ↑ Chudan Oi-zuki
2. ↑ Chudan Gyaku-zuki
3. ↓ Jodan Age-uke/Chudan Gyaku-zuki
4. ↑ Chudan Soto-uke/Chudan Gyaku-zuki
5. ↑ Chudan Uchi-uke/Chudan Gyaku-zuki

### From to Kokutsu-dachi Shuto-uke

6. ↓ Chudan Shuto-uke

### From Zenkutsu-dachi Morote-gedan-barai

7. ↑ Mae-geri
8. ↑ Mawashi-geri

### From Kiba-dachi Gedan-barai

9. ↑ Yoko-geri-keage
10. ↑ Yoko-geri-kekomi

## Kata

7. Kyu: Heian Nidan
6. Kyu: Heian Sandan

## Kumite

7. Kyu: Sanbon Kumite  
Jodan Oi-zuki – Chudan Oi-zuki – Chudan Mae-geri
6. Kyu: Spinning Sanbon-kumite  
Jodan Oi-zuki – Chudan Oi-zuki – Chudan Mae-geri

# Kyu Examination 4. – 5. Kyu Violet belt

↑ Forward

↓ Backward

→ To the side

## Kihon

### From Zenkutsu-dachi Gedan-barai

1. ↑ Jodan/Chudan/Chudan Sanbon-zuki
2. ↑ Spinning Chudan Gyaku-zuki
3. ↓ Jodan Age-uke/Chudan Gyaku-zuki
4. ↑ Chudan Soto-uke/Yoko-empi-uchi (Kiba-dachi)
5. ↑ Chudan Uchi-uke/Jodan Kizami-zuki/Chudan Gyaku-zuki

### From to Kokutsu-dachi Shuto-uke

6. ↑ Chudan Shuto-uke/Chudan Nukite (Zenkutsu-dachi)

### From Zenkutsu-dachi Morote-gedan-barai

7. ↑ Jodan/Chudan Mae-geri Ren-geri
8. ↑ Mawashi-geri

### From Kiba-dachi Gedan-barai

9. ↑ Yoko-geri-keage
10. ↑ Yoko-geri-kekomi

## Kata

5. Kyu: Heian Yondan
4. Kyu: Heian Godan

## Kumite

5. Kyu: Kihon-ippon-kumite - 1 angreb pr. teknik

4. Kyu: Kihon-ippon-kumite - 2 angreb pr. teknik

Jodan Oi-zuki

Chudan Kekomi

Chudan Oi-zuki

Mawashi-geri

Chudan Mae-geri

# Kyu Examination 3. Kyu Brown belt

↑ Forward

↓ Backward

→ To the side

## Kihon

### From Zenkutsu-dachi Gedan-barai

1. ↑ Jodan/Chudan/Chudan Sanbon-zuki
2. ↑ Chudan/Jodan/Chudan Spinning Gyako-sanbon-zuki
3. ↓ Jodan Age-uke/Chudan Gyaku-zuki
4. ↑ Chudan Soto-uke/Yoko-empi-uchi/Uraken-uchi (Kiba-dachi)

### From Kokutsu-dachi Shuto-uke

5. ↑ Spinning Chudan Shuto-uke

### From Zenkutsu-dachi Gedan-barai

6. ↑ Mae-geri/Gyaku-zuki
7. ↑ Mawashi-geri/Uraken-Uchi Chudan Oi-zuki

### From Kiba-dachi Gedan-barai

8. ↑ Yoko-geri-keage
9. ↑ Yoko-geri-kekomi

### From Zenkutsu-dachi Gedan-barai

10. ↑ Ushiro-geri

## Kata

Tekki Shodan

## Kumite

### Kihon-ippon-kumite - 1 angreb Hidari/Migi pr. teknik

Jodan Oi-zuki

Chudan Kekomi

Chudan Oi-zuki

Mawaski-geri

Chudan Mae-geri

# Kyu Examination 2. – 1. Kyu Brown belt

↑ Forward

↓ Backward

→ To the side

## Kihon

### From Zenkutsu-dachi Gedan-barai

1. ↑ Mae-geri/Oi-zuki
2. ↑ Mawashi-geri/Gyaku-zuki
3. ↑ Mae-geri/Oi-zuki/Gyaku-zuki
4. ↑ Mae-geri Mawashi-geri Ren-geri
5. ↑ Kizami-geri-kekomi Ushiro-geri Ren-geri

### From Kiba-dachi Gedan-barai

6. ↑ Yoko-geri-keage/Kekomi
7. ↑ Yoko-geri-keage/Kekomi

### From Fudo-dachi Gedan-barai

8. ↑ Oi-zuki

## Kata

Tekki Shodan

Sentei Kata Basai-dai, Kanku-dai, Jion, Enpi

## Kumite

2. Kyu: Jiyu-ippou-kumite - 1 angreb pr. teknik

1. Kyu: Jiyu-ippou-kumite - 1 angreb Hidari/Migi pr. teknik

Jodan Oi-zuki

Chudan Kekomi

Chudan Oi-zuki

Mawashi-geri

Chudan Mae-geri

# Dan Examination SHODAN

↑ Forward

↓ Backward

→ To the side

## Kihon

### From Zenkutsu-dachi Gedan-barai

1. ↑ Jodan/Chudan/Chudan Sanbon-zuki
2. ↑ Chudan/Jodan/Chudan Spinning Gyaku-sanbon-zuki
3. ↓ Jodan Age-uke/Uraken-Uchi/Chudan Gyaku-zuki
4. ↑ Chudan Soto-uke → Yoko-empi-uchi (Kiba-dachi) Spinning Uraken-uchi Chudan Gyaku-zuki (Zenkutsu-dachi)
5. ↑ Chudan Uchi-uke/Jodan Kizami-zuki/Chudan Gyaku-zuki Jodan Mawashi-empi-uchi

### From Kokutsu-dachi Shuto-uke

6. ↑ Spinning Chudan Shuto-uke/Kizami-geri Chudan Gyaku-zuki (Zenkutsu-dachi)

### From Zenkutsu-dachi Gedan-barai

7. ↑ Mae-geri Mawashi-geri Ren-geri/Gyaku-zuki
8. ↑ Mae-geri Kekomi Ren-geri/Gyaku-zuki

### From Zenkutsu-dachi Gedan-barai - stående på stedet

9. Mae-geri/Mawashi-geri
10. Mawashi-geri/Kekomi

## Kata

Shitei Kata Heian kata 1 – 5, Tekki Shodan – *Ikke valgfri KATA*

Sentei Kata Basai-dai, Kanku-dai, Jion, Enpi – *Valgfri favorit KATA*

## Kumite

Jiyu-kumite

2 - 4 kampe a 2 minutter

**Pensum fra 2. Dan og op kan rekvireres på mail.**