

Pensum – voksne // 9. & 8. kyu

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

9. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Oi-zuki
==>== Jodan Age-uke
====> Chudan Soto-uke
==>== Gedan-barai
Yame

Zenkutsu Dachi gamae
====> Chudan Mae-geri
Mawatte
<==== Chudan Mae-geri
Mawatte
Yame

Kata: Taikyoku Shodan

Kumite: Gohon Kumite (jodan & chudan)

8. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Jodan Oi-zuki
==>== Jodan Age-uke
====> Chudan Soto-uke
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Uchi-uke
==>== Gedan-barai
Zenkutsu Dachi, Jiyu-na-gamae
====> Mae-geri
Mawatte
<==== Mawashi-geri
Mawatte
Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Maw
<==== Yoko-geri Keage
Mawatte
Yame

Kata: Heian Shodan

Kumite: Gohon kumite (jodan, chudan & maegeri)



Pensum – voksne // 7. kyu

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

7. kyu

Kihon:

Zenkutsu Dachii, Gedan-barai gamae
====> Jodan Oi-zuki
==>== Jodan Age-uke
====> Chudan Soto-uke
Kokutsu Dachii, Shuto-uke gamae
==>== Chudan Shuto-uke
Zenkutsu Dachii, Gedan-barai gamae
====> Chudan Uchi-uke
==>== Gedan-barai
Zenkutsu Dachii, Jiyu-na-gamae
====> Mae-geri
Mawatte
<==== Mawashi-geri
Mawatte
Kiba Dachii, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatte
Yame

Kata: Heian Nidan

Kumite: Sanbon Kumite (jodan, chudan, maegeri)



Pensum – voksne // 6. kyu

Signaturforklaring

====>	Fremad
==>==	Baglæns
=O==>	360 graders rotation/fremad
>==O=	360 graders rotation/baglæns
==X==	Samme sted

6. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Oi-zuki
==>== Jodan Age-uke, Gyaku-zuki
====> Chudan Soto-uke, Gyaku-zuki
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke,
zenkutsu-dachi Gyaku-zuki
Mawatte
<==== Mae-geri, Oi-zuki
Mawatte (skift til Jiyu-na-gamae)
====> Mawashi-geri
Mawatte (skift til) Kiba Dachi, Kakiwake gamae
<==== Yoko-geri Keage
Mawatte
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Kekomi
Mawatte
====> Yoko-geri Kekomi
Mawatte
Zenkutsu Dachi, Gedan-barai gamae
<=O== Jodan Ura-ken, Gyaku-zuki
Mawatte
Yame

Kata: Heian Sandan

Kumite: Kihon Ippon Kumite:
1x Jodan Oi-zuki
1 x Chudan Oi-zuki
1 x Mae-geri



Pensum – voksne // 5. kyu

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

5. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Oi-zuki
==>== Jodan Age-uke, Gyaku-zuki
====> Chudan Soto-uke, Gyaku-zuki
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke,
zenkutsu-dachi Gyaku-zuki
Mawatte
<==== Mae-geri, Oi-zuki
Mawatte (skift til Jiyu-na-gamae)
====> Mawashi-geri
Mawatte (skift til)
Kiba Dachi, Kakiwake gamae
<==== Yoko-geri Keage
Mawatte
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Kekomi
Mawatte
====> Yoko-geri Kekomi
Mawatte
Zenkutsu Dachi, Gedan-barai gamae
<=O== Jodan Ura-ken, Gyaku-zuki
Mawatte
Yame

Kata: Heian Yondan

Kumite: Kihon Ippon Kumite:
2 x Jodan Oi-zuki (hidari & migi gamae)
2 x Chudan Oi-zuki (hidari & migi gamae)
2 x Mae-geri (hidari & migi gamae)



Pensum – voksne // 4. kyu

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

4. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Oi-zuki
==>== Jodan Age-uke, Gyaku-zuki
====> Chudan Soto-uke, Gyaku-zuki
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke,
zenkutsu-dachi Gyaku-zuki
Mawatte
<==== Mae-geri, Oi-zuki
Mawatte (skift til Jiyu-na-gamae)
====> Mawashi-geri
Mawatte (skift til)
Kiba Dachi, Kakiwake gamae
<==== Yoko-geri Keage
Mawatte
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Kekomi
Mawatte
====> Yoko-geri Kekomi
Mawatte
Zenkutsu Dachi, Gedan-barai gamae
<=O== Jodan Ura-ken, Gyaku-zuki
Mawatte
Yame

Kata: Heian Godan

Kumite: Kihon Ippon Kumite:
1 x Jodan Oi-zuki
1 x Chudan Oi-zuki
1 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri



Pensum – voksne // 3. kyu

Signaturforklaring

====>	Fremad
==>==	Baglæns
=O==>	360 graders rotation/fremad
>==O=	360 graders rotation/baglæns
==X==	Samme sted

9. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Sanbon-zuki (jodan, chudan, chudan)
==>== Jodan Age-uke, Ushiroashi Mae-geri,
Gyaku-zuki
====> Chudan Soto-uke, kiba-dachi Yoko-enpi
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke, Nukite
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke,
zenkutsu-dachi Ura-zuki Gyaku-zuki
Mawatte (skift til Jiyu-na-gamae)
<==== Mae-geri, Mawashi-geri (samme ben)
Mawatte
====> Ushiro-geri
Mawatte
Kiba Dachi, Kakiwake gamae
<==== Yoko-geri Keage, skift ben Yoko-geri
Kekomi
Mawatte
====> Jodan Shuto-uchi, ==0=> Jodan En-
pi-uchi, ==0=< Jodan Uchi-shuto-uchi
Mawatte
<==== yuri-ashi Gyaku-zuki, <==== Gedan-barai,
yuri-ashi Gyaku-zuki, Gedan-barai
Mawatte
Yame

Kata: Tekki Shodan
Junro Shodan

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



Pensum – voksne // 2. kyu

Signaturforklaring

====> **Fremad**
==>== **Baglæns**
=O==> **360 graders rotation/fremad**
>==O= **360 graders rotation/baglæns**
==X== **Samme sted**

2. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Sanbon-zuki (jodan, chudan, chudan)
==>==> Jodan Age-uke, Ushiroashi Mae-geri,
Gyaku-zuki
====> Chudan Soto-uke, kiba-dachi Yoko-enpi
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke, Nukite
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke,
zenkutsu-dachi Ura-zuki Gyaku-zuki
Mawatte (skift til Jiyu-na-gamae)
<==== Mae-geri, Mawashi-geri (samme ben)
Mawatte
====> Ushiro-geri
Mawatte
Kiba Dachi, Kakiwake gamae
<==== Yoko-geri Keage, skift ben Yoko-geri
Kekomi
Mawatte
====> Jodan Shuto-uchi, ==O=> Jodan
Enpi-uchi, ==O=< Jodan Uchi-shuto-uchi
Mawatte
<==== yuri-ashi Gyaku-zuki, <==== Gedan-barai,
yuri-ashi Gyaku-zuki, Gedan-barai
Mawatte
Yame

Kata: Junro Nidan
Bassai-Dai

Kumite: Jiyu Ippon Kumite:
1 x Jodan Oi-zuki (hidari gamae)
1 x Chudan Oi-zuki (hidari gamae)
1 x Mae-geri (hidari gamae)
1 x Yoko-geri Kekomi (hidari gamae)
1 x Jodan Mawashi-geri (hidari gamae)



Pensum – voksne // 1. kyu

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

1. kyu

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Sanbon-zuki (jodan, chudan, chudan)
==>==> Jodan Age-uke, Ushiroashi Mae-geri,
Gyaku-zuki
====> Chudan Soto-uke, kiba-dachi Yoko-enpi
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke, Nukite
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke,
zenkutsu-dachi Ura-zuki Gyaku-zuki
Mawatte (skift til Jiyu-na-gamae)
<==== Mae-geri, Mawashi-geri (samme ben)
Mawatte
====> Ushiro-geri
Mawatte
Kiba Dachi, Kakiwake gamae
<==== Yoko-geri Keage, skift ben Yoko-geri
Kekomi
Mawatte
====> Jodan Shuto-uchi, ==0=> Jodan
Enpi-uchi, ==0=< Jodan Uchi-shuto-uchi
Mawatte
<==== yuri-ashi Gyaku-zuki, <==== Gedan-barai,
yuri-ashi Gyaku-zuki, Gedan-barai
Mawatte
Yame

Kata: Junro Sandan
SENTEI: Jion eller Enpi

Kumite: Jiyu Ippon Kumite:
1 x Jodan Oi-zuki
1 x Chudan Oi-zuki
1 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri



Pensum – voksne // 1.dan (shodan)

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

1. dan (shodan)

Kihon:

Zenkutsu Dachi, Gedan-barai gamae
====> Tobi konde Sanbon-zuki (jodan, chudan, chudan)
==>== Age-uke, Mae-geri, Gyaku-zuki
====> Soto-uke, kiba-dachi Yoko-enpi, zenkutsu-dachi Ura-ken, Gyaku-zuki
Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke, Mae-ashi Mae-geri, zenkutsu-dachi Nukite
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki, yuri-ashi Gyaku-zuki
Mawatte, skift til jiyu-na-gamae
<==== Mae-geri, Mawashi-geri (samme ben), Gyaku-zuki
Mawatte, skift til jiyu-na-gamae
====> Ushiro-geri, Gyaku-zuki
Mawatte, Gedan-barai gamae
<=O== Ura-ken, Gyaku-zuki
Mawatte, skift til jiyu-na-gamae
====> Yoko-geri Keage, Kekomi (samme ben)
Mawatte, Gedan-barai gamae
<==== Jodan Soto-uke, Yori-ashi til siden (indvendig) Gedan-barai, Mae-ashi Mae-geri, Gyaku-zuki
Mawatte
Yame

Kata: SENTEI: Bassai-dai, Jion, Enpi, Kanku-dai
SHITEI: Heian 1 - 5 & Tekki Shodan
SHITEI: Junro 1 - 3

Kumite: Jiyu Ippon Kumite:
1 x Jodan Oi-zuki
1 x Chudan Oi-zuki
1 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri
1 x ushiro-geri

Jiyu Kumite



Pensum – voksne // 2. dan // 3. dan // 4. dan

Signaturforklaring

====> Fremad
==>== Baglæns
=O==> 360 graders rotation/fremad
>==O= 360 graders rotation/baglæns
==X== Samme sted

2. dan (nidan)

Kihon:

Jiyu Na gamae

====> Tobi konde Kizami-zuki, Sanmbon-zuki

Mawatte

<==== Tobi konde Kizami-zuki, yuri-ashi
Gyaku-zuki

Mawatte

==>== Age-uke, ====> Mawashi-geri,
Ushiro-geri, Ura-ken, Gyaku-zuki

Mawatte

<==== Mawashi-geri, <==== Ashi-barai,
Gyaku-zuki

Mawatte

====> Tobi konde Kizami-zuki, Mae-geri, Oi-zuki

Mawatte

Yame

Balance: Jiyu-na-gamae (3 gange samme ben /
begge sider)
Mae-geri, Yoko-geri Kekomi,
Mawashi-geri, Ushiro-geri

Kata: SHETEI: Bassai-dai, Jion, Enpi,
Kanku-dai, Jitte, Hangetsu, Tekki Nidan,
Gankaku, Bassai-sho, Kanku-sho

SHITEI: Junro 1 - 5

SHITEI: Bassai-dai, Jion, Enpi,
Kanku-dai

Kumite: Jiyu Kumite

3. dan (sandan)

Kihon: Shizentai
Dachikombination m. div. Te-waza
flg. Dach er inkluderet:
Zenkutsu, Kokutsu, Kiba, Nekoashi
– i vilkårlig rækkefølge

Kata: TOKUI: + evt. spørgsmål

SHITEI: Bassai-dai, Jion, Enpi,
Kanku-dai, Jitte, Hangetsu,
Tekki Nidan, Junro 1 - 5

Kumite: Jiyu Kumite (minimum 3 kampe)
Fylt 50år kan vælge at lave Jiyu Ippon
Kumite

4. dan (yondan)

Kihon: Shizentai
Dachikombination m. div. Te-waza
flg. Dach er inkluderet:
Zenkutsu, Kokutsu, Kiba, Hangetsu, Fudo,
Nekoashi, Sanshin.

Kata: TOKUI: + spørgsmål

SHETEI: Kasshu, Kakuyoku-shodan,
Kakuyoku-nidan

SHITEI: Bassai-Dai, Jion, Enpi,
Kanku-Dai, Jitte, Hangetsu,
Tekki Nidan, Tekki Sandan,
Gankaku, Bassai-Sho,
Kanku-Sho, Junro 1 - 5

Kumite: Jiyu Kumite
Fylt 50år kan vælge at lave Jiyu Ippon
Kumite

