



GRADUERINGSPENSUM

VOKSNE

Pensum er gældende fra 01.01 2024

Grad	Bæltefarve		Min. Træningstid i alt	Bemærk.
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 3 måneder	
4. Kyu	Violet		1 år 6 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		5 år 6 måneder	
3. Dan	Sort		8 år 6 måneder	
4. Dan	Sort		12 år 6 måneder	
5. Dan	Sort		17 år 6 måneder	
6. Dan	Sort		23 år 6 måneder	

SIGNATURFORKLARING:

====> Fremad
 ==>== Baglæns
 =O==> 360° rotation/fremad

9. KYU / 8. KYU

KIHON:

Zenkutsu Dachi, Gedan-barai kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

Kokutsu Dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Zenkutsu Dachi, Gedan-barai kamae

====> Gedan-barai

Mawatte

Zenkutsu Dachi, Kakiwake gedan kamae

<==== Mae-geri

Mawatte

Kiba Dachi, Kakiwake gedan kamae

====> Yoko-geri Keage

Mawatte

<==== Yoko-geri Keage

Mawatte

Yame

KATA: (9. Kyu) Taikyoko Shodan

(8. Kyu) Heian Shodan

KUMITE: Gohon kumite (jodan oi-zuki, chudan oi-zuki)

7. KYU / 6. KYU

KIHON:

Zenkutsu Dachi, Gedan-barai kamae

====> Jodan Oi-zuki, Chudan Gyaku-zuki (begge stød i shomen)

==>== Jodan Age-uke

====> Chudan Soto-uke

==>== Chudan Uchi-uke

====>Gedan-barai

Yame

Kokutsu Dachi, Shuto-uke kamae

==>== Chudan Shuto-uke

Yame

Zenkutsu Dachi, Jiyu-na-kamae

====> Mae-geri

Mawatte

<==== Mawashi-geri

Mawatte

Kiba Dachi, Kakiwake gedan kamae

====> Yoko-geri Keage

Mawatte

<==== Yoko-geri Keage

Mawatte

====> Yoko-geri Kekomi

Mawatte

<==== Yoko-geri Kekomi

Mawatte

Yame

KATA: (7. Kyu) Heian Nidan
(6. Kyu) Heian Sandan

KUMITE: Gohon kumite (jodan oi-zuki, chudan oi-zuki, mae-geri)

5. KYU / 4. KYU

KIHON:

Zenkutsu Dachi, Gedan-barai kamae

====> Jodan Oi-zuki, Chudan Gyaku-zuki (begge stød i shomen)

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

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

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

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

Kokutsu Dachi, Shuto-uke kamae

==>== Chudan Shuto-uke, nekoashi-dachi Gedan-barai

Zenkutsu Dachi, Gedan-barai kamae

====>Mae-geri, Oi-zuki

Mawatte

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

Mawatte

Kiba Dachi, (Jiyu-na-kamae)

====> Yoko-geri Keage, skift ben Yoko-geri Kekomi

Mawatte

Zenkutsu Dachi, Gedan-barai kamae

<=O== Jodan Uraken, Gyaku-zuki

Mawatte

Yame

KATA: (5. Kyu) Heian Yondan & Junro Shodan
(4. Kyu) Heian Godan & Junro Nidan

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 Jodan Mawashi-geri

3. KYU

KIHON:

Zenkutsu Dach, Gedan-barai kamae

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

==>== Jodan Age-uke, nekoashi-dachi Gedan-barai, mae ashi Mae-geri, Gyaku-zuki

(Hold nekoashi-dachi efter spark, skift til zenkutsu-dachi Gyaku-zuki)

====> Soto-uke, Kiba-dachi Yoko-enpi

Kokutsu Dach, Shuto-uke kamae

==>== Chudan Shuto-uke, Nukite

Zenkutsu Dach, Gedan-barai kamae

====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki Gyaku-zuki Mawatte

<==== Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki (oi-zuki/hanmi, gyaku-zuki/shomen)

Mawatte (Jiyu-na-kamae)

====> Mae-geri, Mawashi-geri

Mawatte

<==== Mae-geri, Mawashi-geri

Mawatte

====> Ushiro-geri

Mawatte

Zenkutsu Dach, Gedan-barai kamae

<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)

Mawatte

Yame

KATA: Tekki Shodan & Junro Sandan

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

2. KYU / 1. KYU

KIHON:

Zenkutsu Dachi, Gedan-barai kamae

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

==>== Jodan Age-uke, nekoashi-dachi Gedan-barai, mae ashi Mae-geri, Gyaku-zuki

(Hold nekoashi-dachi efter spark, skift til zenkutsu-dachi gyaku-zuki)

====> Soto-uke, Kiba-dachi Yoko-enpi

Kokutsu Dachi, Shuto-uke kamae

==>== Chudan Shuto-uke, Nukite

Zenkutsu Dachi, Gedan-barai kamae

====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki Gyaku-zuki Mawatte

<==== Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki (oi-zuki/hanmi, gyaku-zuki/shomen) Mawatte

====> Mae-geri, Mawashi-geri, Ushiro-geri, Ura Mawashi-geri

Mawatte

<==== Mae-geri, Mawashi-geri, Ushiro-geri, Ura Mawashi-geri

Mawatte

Zenkutsu Dachi, (Jiyu-na-kamae)

====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)

Mawatte

Zenkutsu Dachi, Gedan-barai kamae

<==O= Jodan Ura Shuto-uchi, Gyaku Haito-uchi

Mawatte

Yame

KATA:

(2. Kyu) Junro Yondan & Bassai Dai

(1. Kyu) Junro Godan & TOKUI: Jion, Enpi, Kanku Dai (vælg selv en favorit)

KUMITE:

Jiyu Ippon Kumite:

1 x Jodan Oi-zuki

1 x Chudan O-izuki

1 x Mae-geri

1 x Yoko-geri Kekomi

1 x Jodan Mawashi-geri

1 x Ushiro-geri