

Pensum – børn // 9. mon kyu & 9. kyu

Signaturforklaring

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

9. mon kyu

Kihon:

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

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

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
Mawattee
Yame

Kata: Taiyoku Shodan



Pensum – børn // 8. mon kyu & 8. kyu

Signaturforklaring

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

8. mon kyu

Kihon:

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

Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Yame

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Uchi-uke
==>== Gedan-barai
Yame

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

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatte
Yame

8. kyu

Kihon:

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

Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Yame

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Uchi-uke
==>== Gedan-barai
Yame

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

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatte
Yame

Kata: Heian Shodan
Kumite: Gohon kumite (jodan,chudan)



Pensum – børn // 7. mon kyu & 7. kyu

Signaturforklaring

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

7. mon kyu

Kihon:

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

Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Yame

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Uchi-uke
==>== Gedan-barai
Yame

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

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatte
Yame

7. kyu

Kihon:

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

Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Yame

Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Uchi-uke
==>== Gedan-barai
Yame

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

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatte
Yame

Kata: Heian Nidan

Kumite: Sanbon Kumite (jodan,chudan,maegeri),
(hidari gamae)



Pensum – børn // 6. mon kyu & 6. kyu

Signaturforklaring

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

6. mon kyu

Kihon:

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

Kokutsu Dachi, Shuto-uke gamae
==>== Chudan Shuto-uke
Yame

Zenkutsu Dachi, jiyu-na-gamae
====> Mae-geri (jodan)
Mawatte
<==== Mawashi-geri (chudan)
Mawatte
Yame

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatute
====> Yoko-geri Kekomi
Mawatte
<==== Yoko-geri Kekomi
Mawatte
Yame

6. kyu

Kihon:

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

Kokutsu Dachi, Shuto-uke Kamae
==>== Chudan Shuto-uke
Yame

Zenkutsu Dachi, jiyu-na-gamae
====> Mae-geri (jodan)
Mawatte
<==== Mawashi-geri (chudan)
Mawatte
Yame

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatute
====> Yoko-geri Kekomi
Mawatte
<==== Yoko-geri Kekomi
Mawatte
Yame

Kata: Heian Sandan
Kumite: Sanbon Kumite
jodan, chudan, maegeri),
(hidari & migi gamae)



Pensum – børn // 5. mon kyu & 5. kyu

Signaturforklaring

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

5. mon 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
====> Chudan Uchi-uke, Jodan Kizami-zuki,
Gyaku-zuki

Mawatte
<=0== Jodan Ura-ken, Chudan gyaku-zuki
Mawatte
Yame

Zenkutsu Dachi, Gedan-barai gamae
====> Mae-geri, Oi-zuki
Mawatte (skift til Jiyu-na-gamae)
<==== Mawashi-geri
Mawatte
Yame

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatute
====> Yoko-geri Kekomi
Mawatte
<==== Yoko-geri Kekomi
Mawatte
Yame

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 Kamae
==>== Chudan Shuto-uke
Zenkutsu Dachi, Gedan-barai gamae
====> Chudan Uchi-uke, Jodan Kizami-zuki,
Gyaku-zuki

Mawatte
<=0== Jodan Ura-ken, Chudan gyaku-zuki
Mawatte
Yame

Zenkutsu Dachi, Gedan-barai gamae
====> Mae-geri, Oi-zuki
Mawatte (skift til Jiyu-na-gamae)
<==== Mawashi-geri
Mawatte
Yame

Kiba Dachi, Kakiwake gamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatute
====> Yoko-geri Kekomi
Mawatte
<==== Yoko-geri Kekomi
Mawatte
Yame

Kata: Heian Yondan

Kumite: Kihon Ippon Kumite:
1x Jodan Oizuki (hidari gamae)
1 x Chudan Oizuki (hidari gamae)
1 x Mae-geri (hidari gamae)



Pensum – børn // 4. mon kyu & 4. kyu

Signaturforklaring

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

4. mon kyu

Kihon:

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

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

Kata: Heian Godan

Kumite: Kihon Ippon Kumite:
1 x Jodan Oizuki (hidari gamae)
1 x Chudan Oizuki (hidari gamae)
1 x Mae-geri (hidari gamae)
1 x Yoko-geri Kekomi (hidari gamae)
1 x Mawashi-geri (hidari gamae)



Pensum – børn // 3. mon kyu & 3. kyu

Signaturforklaring

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

3. mon kyu

Kihon:

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

3. kyu

Kihon:

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

Kata: Tekki Shodan

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



Pensum – børn // 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, Mae-geri, Gyaku-zuki
====> Chudan Soto-uke, kiba-dachi Yoko-enpi
Kokutsu Dachi, Shuto-uke Kamae
==>== Chudan Shuto-uke, Nukite
Zenkutsu Dachi, Gedan-barai gamae
====> Gedan-barai, neoashi-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
Zenkutsu Dachi, Gedan-barai gamae
====> 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: Bassai-Dai

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 – børn // 1. kyu

Signaturforklaring

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

1. kyu

Kihon:

Zenkutsu Dachii, Gedan-barai gamae
====> Sanbon-zuki (jodan, chudan, chudan)
==>== Jodan Age-uke, Mae-geri, Gyaku-zuki
====> Chudan Soto-uke, kiba-dachi Yoko-enpi
Kokutsu Dachii, Shuto-uke Kamae
==>== Chudan Shuto-uke, Nukite
Zenkutsu Dachii, 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 Dachii, Kakiwake gamae
<==== Yoko-geri Keage, skift ben Yoko-geri
Kekomi
Mawatte
Zenkutsu Dachii, Gedan-barai gamae
====> 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: 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 – børn // 1. dan

Signaturforklaring

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

1. dan

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 gamae
==>== Shuto-uke, Mae-ashi Mae-geri, Chudan 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, yuri-ashi til siden (indvendig) Gedan-barai, Kizami Mae-geri, Gyaku-zuki
Mawatte
Yame

Kata:

Junro Shodan
SHITEI: Heian 1 - 5 & Tekki Shodan
SENTEI: Bassai-dai, Kanku-dai, Jion, 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,
1 x ushiro-geri,



Pensum – børn // 2. dan

Signaturforklaring

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

2. dan

Kihon:

Jiyu Na Kamae

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

Mawatte

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

Mawatte

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

Mawatte

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

Mawatte

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

Mawatte

Yame

Balance: 3 gange samme ben/begge sider
Mae-geri, Yoki-geri Kekomi,
Mawashi-geri, Ushiro-geri

Kata:

SHETEI: Bassai-dai, Jion, Enpi, Kan-
ku-dai, Hangetsu, Jitte, Gan-
kaku, Tekki Nidan, Bassai-sho,
Kanku-sho

SHITEI: Junro 1 - 3

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

Kumite: Jiyu Kumite

