

Grad	Bæltefarve	Minimum træningstid ialt
Begynder	Hvidt	
9.mon-kyu	Hvidt/Gult/Hvidt	3 måneder
9.Kyu	Gult	6 måneder
8.mon-kyu	Hvidt/Orange/Hvidt	9 måneder
8.Kyu	Orange	1 år
7.mon-kyu	Hvidt/Rødt/Hvidt	1 år 3 måneder
7.Kyu	Rødt	1 år 6 måneder
6.mon-kyu	Hvidt/Grønt/Hvidt	1 år 9 måneder
6.Kyu	Grønt	2 år
5.mon-kyu	Hvidt/Blåt/Hvidt	2 år 3 måneder
5.Kyu	Blåt	2 år 6 måneder
4.mon-kyu	Hvidt/Violet/Hvidt	2 år 9 måneder
4.Kyu	Violet	3 år
3.mon-kyu	Hvidt/Brunt/Hvidt	3 år 3 måneder
3.Kyu	Brunt	3 år 6 måneder
2.Kyu	Brunt m. stribe	4 år
1.Kyu	Brunt m. 2striber	4 år 6 måneder

SIGNATURFORKLARING:

- ====> Fremad
- ==>== Baglænds
- <=0== 360° spind fremad
- ==0=< 360° spind baglænds

9. MON - KYU

KIHON:

◎ Zenkutsu Dachii, Gedan-barai kamae
====> Chudan Oi-zuki
==>== Jodan Age-uke
====> Chudan Soto-uke
==>== Gedan-barai
Yame

◎ Zenkutsu Dachii kamae
====> Chudan Mae-geri
Mawatte
<==== Chudan Mae-geri
Mawatte
Yame

9. KYU

KIHON: Som 9. Mon-kyu

KATA: Taikyoko Shodan

8. MON - KYU

KIHON:

⊙ Zenkutsu Dachi, Gedan-barai kamae
====> Chudan Oi-zuki
==>== Jodan Age-uke
====> Chudan Soto-uke
Yame
⊙ Kokutsu Dachi, Shuto-uke kamae
==>== Chudan Shuto-uke
Yame
⊙ Zenkutsu Dachi, Gedan-barai kamae
====> Chudan Uchi-uke
==>== Gedan-barai
Yame
⊙ Zenkutsu Dachi, jiyu-na-kamae
====> Chudan Mae-geri
Mawatte
<==== Chudan Mae-geri
Mawatte
Yame
⊙ Kiba Dachi, Kakiwake kamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawazute
Yame

8. KYU

KIHON: Som 8. Mon-kyu

KATA: Heian Shodan

KUMITE: Gohon kumite (jodan, chudan)

7. MON - KYU

KIHON:

⊙ Zenkutsu Dachi, Gedan-barai kamae
====> **Jodan Oi-zuki, Chudan Gyaku-zuki**
==>== 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
====> Chudan Mae-geri
Mawatte
<==== Chudan Mae-geri
Mawatte
Yame
⊙ Kiba Dachi, Kakiwake kamae
====> Yoko-geri Keage
Mawatte
<==== Yoko-geri Keage
Mawatte
====> **Yoko-geri Kekomi**
Mawatte
<==== **Yoko-geri Kekomi**
Mawatte
Yame

7. KYU

KIHON: Som 7. Mon-kyu

KATA: Heian Nidan

KUMITE: Sanbon Kumite (jodan, chudan, maegeri) , (hidari kamae)

6. MON - KYU

KIHON:

⊙ Zenkutsu Dachi, Gedan-barai kamae
====> **Jodan Oi-zuki, Chudan Gyaku-zuki**

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

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

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

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

Yame

⊙ Kokutsu Dachi, Shuto-uke kamae

==>== Chudan Shuto-uke

Yame

⊙ Zenkutsu Dachi, Jiyu-na-kamae

====> Mae-geri

Mawatte

<==== Mawashi-geri

Mawatte

Yame

⊙ Kiba Dachi, Kakiwake kamae

====> Yoko-geri Keage

Mawatte

<==== Yoko-geri Keage

Mawatte

====> Yoko-geri Kekomi

Mawatte

<==== Yoko-geri Kekomi

Mawatte

Yame

6. KYU

KIHON: Som 6. Mon-kyu

KATA: Heian Sandan

KUMITE: Sanbon Kumite (jodan, chudan, maegeri), (hidari & migi kamae)

4. MON - KYU

KIHON:

- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> **Jodan Oi-zuki, Chudan Gyaku-zuki**
- ==>== Jodan Age-uke, Gyaku-zuki
- ====> Chudan Soto-uke, Gyaku-zuki
- ==>== Uchi-uke, Kizami-zuki, Chudan Gyaku-zuki
- ====> Gedan-Barai, Gyaku-zuki
- ⊙ Kokutsu Dach, Shuto-uke kamae
- ==>== Chudan Shuto-uke, **nekoashi-dachi Gedan-barai**
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Gyaku-zuki
- Mawatte
- <==O= Jodan Uraken, Chudan Gyaku-zuki
- Mawatte
- ====> Mae-geri, Oi-zuki
- Mawate
- <==== **Mawashi-geri, Gyaku-zuki**
- Mawatte
- ⊙ Kiba Dach, (Jiyu-na-kamae)
- ====> **Yoko-geri Keage, skift ben Yoko-geri Kekomi**
- Mawatte**
- <==== **Yoko-geri Keage, skift ben Yoko-geri Kekomi**
- Mawatte
- Yame

4. KYU

KIHON: Som 4.Mon-kyu

KATA: Heian Godan

KUMITE : Kihon Ippon Kumite: 1 x Jodan O-izuki
 1 x Chudan Oi-zuki
 1 x Maegeri
 1 x Yokogeri Kekomi
 1 x Mawashigeri

3. MON - 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
- Mawatte
- <==== Gedan-Barai, nekoashi-dachi Uchi-uke, zenkutsu-dachi Ura-zuki Gyaku-zuki
- Mawatte
- =O==> Jodan Uraken, Gyaku-zuki
- ⊙ Kokutsu Dach, Shuto-uke kamae
- ==>== Chudan Shuto-uke, Nukite
- ⊙ Zenkutsu Dach, (Jiyu-na-kamae)
- ====> **Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki**
- Mawatte (Jiyu-na-kamae)
- <==== **Mae-geri, Mawashi-geri**
- Mawatte**
- ====> **Mae-geri, Mawashi-geri**
- Mawatte
- <==== Ushiro-geri
- Mawatte
- ⊙ Kiba Dach, (Jiyu-na-kamae)
- ====> Yoko-geri Keage, skift ben Yoko-geri Kekomi
- Mawatte
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- <==== Jodan Shuto-uchi
- Mawatte
- Yame

3. KYU

KIHON: som 3.Mon-kyu

KATA: Tekki Shodan

KUMITE: **Jiyu Ippon Kumite:** 1 x Jodan O-izuki
1 x Chudan Oi-zuki
1 x Maegeri

2. 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 , (Jiyu-na-kamae)
- <==== **Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki**
Mawatte
- ====> **Mae-geri, Mawashi-geri , Ushiro-geri**
Mawatte
- <==== **Mae-geri, Mawashi-geri, Ushiro-geri**
Mawatte
- ⊙ Zenkutsu Dach, , (Jiyu-na-kamae)
- ====> **Yoko-geri Keage, Yoko-geri Kekomi (samme ben)**
Mawatte
- <==== **Yoko-geri Keage, Yoko-geri Kekomi (samme ben)**
Mawatte
- ⊙ Zenkutsu Dach, Gedan-barai kamae
- ====> Jodan Shuto-uchi
- Mawatte
- <==O= Jodan Ura Shuto-uchi, Gyaku Haito-uchi**
Mawatte
- Yame

KATA: Bassai - Dai

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 Mawashi-geri

