

8 kyu - Rött bälte

KIHON (GRUNDTEKNIKER)

1. Junzuki - Mawate Jodan Uke
2. Gyakuzuki - Mawate Gedan Barai
3. Maegeri Chudan
4. Surikomi Maegeri Chudan
5. Sokuto Fumikomi

RENRAKU WAZA (KOMBINATIONER)

1. Maegeri Chudan -- Tobikomizuki
2. Surikomi Maegeri Chudan -- Tobikomizuki
3. Maegeri Chudan -- Gyakuzuki Chudan
4. Surikomi Maegeri Chudan -- Gyakuzuki Chudan

UKE (BLOCKERINGAR)

1. Chudan Soto Uke -- Gyakuzuki Chudan
2. Chudan Uchi Uke -- Gyakuzuki Chudan

7 kyu - Gult bälte

KIHON (GRUNDTEKNIKER)

1. Junzuki no Tsukomi
2. Gyakuzuki no Tsukomi
3. Mawashigeri Chudan

RENRAKU WAZA (KOMBINATIONER)

1. Maegeri Chudan -- Mawashigeri Chudan -- Gyakuzuki Chudan
2. Surikomi Maegeri Chudan -- Mawashigeri Chudan -- Gyakuzuki Chudan

SANBONGUMITE (PARTEKNIKER)

1. Chudan Soto Uke
2. Chudan Uchi Uke
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Nihonme

KATA (FORM)

1. Pinan Nidan

6 kyu - Orange bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Surikomi Mawashigeri Chudan
5. Surikomi Sokuto Chudan

RENRAKU WAZA

1. Maegeri Chudan -- Sokuto Fumikomi -- Gyakuzuki Chudan
2. Surikomi Maegeri Chudan -- Sokuto Chudan-- Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Gohonme
4. Chudan Maegeri Uke Ropponme

OHYOGUMITE

1. Ipponme

KATA

1. Pinan Shodan
2. Pinan Sandan

JI YU KUMITE

5 kyu - Grönt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki
6. Ushirogeri Gedan
7. Sokuto Chudan
8. Nidan Geri Jodan

RENRAKU WAZA

1. Mawashigeri Chudan-Ushirogeri Gedan-Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi-Ushirogeri Gedan-Uraken Jodan

SANBONGUMITE

1. Jodan Uke Sanbonme
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Sanbonme
4. Chudan Maegeri Uke Yonhonme
5. Chudan Soto Uke
6. Chudan Uchi Uke

OHYOGUMITE

1. Nihonme

KATA

1. Pinan Sandan
2. Pinan Yodan

JI YU KUMITE

4 kyu - Blått bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Nagashizuki
6. Mawashigeri Chudan
7. Ushirogeri Chudan
8. Sokuto Chudan

RENRAKU WAZA

1. Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan
2. Surikomi Maegeri Chudan-Nagashizuki Jodan-Mawashigeri Chudan
3. Maegeri Chudan-Sokuto Fumikomi-Ushirogeri Gedan-Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Sanbonme
3. Chudan Soto Uke
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Yonhonme
6. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Sanbonme

KATA

1. Pinan Yodan
2. Pinan Godan

JI YU KUMITE

3 kyu - Brunt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan

RENRAKU WAZA

1. Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
2. Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan
3. Surikomi Maegeri Chudan-Sokuto Fumikomi-Ushirogeri Chudan-Uraken Jodan

SANBONGUMITE

1. Jodan Uke Nihonme
2. Jodan Uke Yonhonme
3. Chudan Maegeri Uke Ipponme
4. Chudan Maegeri Uke Sanbonme
5. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Ipponme
2. Nihonme
3. Yohonme

KIHONGUMITE

1. Ipponme
2. Nihonme

KATA

1. Ku Shanku

JI YU KUMITE

2 kyu - Brunt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

RENRAKU WAZA

1. Surikomi Maegeri Chudan-Nagashizuki Jodan-Mawashigeri Jodan
2. Maegeri Chudan-Sokuto Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
3. Zenshinshite Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Gyakuzuki Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Yonhonme
3. Chudan Soto Uke
4. Chudan Uchi Uke
5. Chudan Maegeri Uke Nihonme
6. Chudan Maegeri Uke Yonhonme
7. Chudan Maegeri Uke Ropponme

OHYOGUMITE

1. Sanbonme
2. Yonhonme
3. Gohonme

KIHONGUMITE

1. Sanbonme
2. Yonhonme

KATA

1. Ku Shanku
2. Nai Hanchi

JI YU KUMITE

1 kyu - Brunt bälte

KIHON

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan

RENRAKU WAZA

1. Zenshinshite Jodan-Chudan Renzuki-Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan
2. Surikomi Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Uraken Jodan
3. Zenshinshite Jodan-Chudan Renzuki-Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan

SANBONGUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Jodan Uke Sanbonme
4. Chudan Soto Uke
5. Chudan Uchi Uke
6. Chudan Maegeri Uke Ipponme
7. Chudan Maegeri Uke Yonhonme
8. Chudan Maegeri Uke Gohonme

OHYOGUMITE

1. Gohonme
2. Ropponme
3. Nanahonme

KIHONGUMITE

1. Ropponme
2. Nanahonme

KATA

1. Seishan
2. Chinto

JI YU KUMITE