



KYU GRADERINGSKOMPENDIUM

Sept. 2016

WIKF SWEDEN - KYU GRADERINGSKOMPENDIUM

8 KYU - RÖTT BÄLTE

KIHON WAZA

1. Junzuki (M)
2. Gyakuzuki Ch
3. Maegeri Ch (M)
4. Surikomi Maegeri Ch
5. Sokuto Fumikomi Hiza (M)

RENRAKU WAZA

1. Maegeri Ch, Tobikomizuki J (M)
2. Surikomi Maegeri Ch, Tobikomizuki J
3. Maegeri Ch, Gyakuzuki Ch (M)
4. Surikomi Maegeri Ch, Gyakuzuki Ch

UKE

1. Soto Uke Ch (M)
2. Uchi Uke Ch

KATA

1. Taikyoku Shodan (*Rekommenderas*)

7 KYU – GULT BÄLTE

KIHON WAZA

1. Junzuki no Tsukomi J (M)
2. Gyakuzuki no Tsukomi Ch
3. Mawashigeri Ch (M)

RENRAKU WAZA

1. Maegeri Ch, Mawashigeri Ch, Gyakuzuki Ch (M)
2. Surikomi Maegeri Ch, Mawashigeri Ch, Gyakuzuki Ch

SANBONGUMITE

1. Soto Uke Ch (M)
2. Uchi Uke Ch
3. Maegeri Uke Ipponme Ch (M)
4. Maegeri Uke Nihonme Ch

KATA

1. Pinan Nidan (M)

6 KYU – ORANGE BÄLTE

KIHON WAZA

1. Kette Junzuki (M)
2. Kette Gyakuzuki
3. Tobikomizuki (M)
4. Surikomi Mawashigeri Ch
5. Surikomi Sokuto Ch (M)

RENRAKU WAZA

1. Maegeri Ch, Sokuto Fumikomi Hiza, Gyakuzuki Ch (M)
2. Surikomi Maegeri Ch, Sokuto Ch, Gyakuzuki Ch

SANBONGUMITE

1. Jodan Uke Ipponme (M)
2. Jodan Uke Nihonme
3. Maegeri Uke Gohonme Ch (M)
4. Maegeri Uke Ropponme Ch

OHYOGUMITE

1. Ipponme (M)

KATA

1. Pinan Shodan (M)
2. Pinan Sandan

JI YU KUMITE (M)

5 KYU – GRÖNT BÄLTE

KIHON WAZA

1. Kette Junzuki Ch (M)
2. Kette Gyakuzuki Ch
3. Kette Junzuki no Tsukomi J (M)
4. Kette Gyakuzuki no Tsukomi Ch
5. Nagashizuki J (M)
6. Ushirogeri G
7. Sokuto Ch (M)
8. Nidan Geri J

RENRAKU WAZA

1. Mawashigeri Ch, Ushirogeri G, Gyakuzuki Ch (M)
2. Surikomi Sokuto Fumikomi Hiza G, Ushirogeri G, Uraken J

SANBONGUMITE

1. Jodan Uke Sanbonme (M)
2. Jodan Uke Yonhonme
3. Maegeri Uke Sanbonme Ch (M)
4. Maegeri Uke Yonhonme Ch
5. Soto Uke Ch M
6. Uchi Uke Ch

OHYOGUMITE

1. Nihonme (M)

KATA

1. Pinan Sandan (M)
2. Pinan Yondan

JI YU KUMITE (M)

4 KYU – BLÅTT BÄLTE

KIHON WAZA

1. Kette Junzuki Ch (M)
2. Kette Gyakuzuki Ch
3. Kette Junzuki no Tsukomi J (M)
4. Kette Gyakuzuki no Tsukomi Ch
5. Nagashizuki J (M)
6. Mawashigeri Ch
7. Ushirogeri Ch (M)
8. Sokuto Ch

RENRAKU WAZA

1. Maegeri Ch, Nagashizuki J, Gyakuzuki Ch (M)
2. Surikomi Maegeri Ch, Nagashizuki J, Mawashigeri Ch
3. Maegeri Ch, Sokuto Fumikomi Hiza G, Ushirogeri G, Gyakuzuki Ch (M)

SANBONGUMITE

1. Jodan Uke Ipponme (M)
2. Jodan Uke Sanbonme
3. Soto Uke Ch (M)
4. Uchi Uke Ch
5. Maegeri Uke Yonhonme Ch (M)
6. Maegeri Uke Gohonme Ch

OHYOGUMITE

1. Sanbonme (M)

KATA

1. Pinan Yondan (M)
2. Pinan Godan

JI YU KUMITE (M)

3 KYU – BRUNT BÄLTE

KIHON WAZA

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

RENRAKU WAZA

1. Surikomi Maegeri Ch, Mawashigeri Ch, Ushirogeri Ch, Gyakuzuki Ch
2. Maegeri Ch, Nagashizuki J, Gyakuzuki Ch, Mawashigeri Ch
3. Surikomi Maegeri Ch, Sokuto Fumikomi Hiza G, Ushirogeri Ch, Uraken J

SANBONGUMITE

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

OHYOGUMITE

1. Ipponme
2. Nihonme
3. Yonhonme

KIHONGUMITE

1. Ipponme
2. Nihonme

KATA

1. Kushanku

JI YU KUMITE

2 KYU – BRUNT BÄLTE

KIHON WAZA

1. Kette Junzuki Ch
2. Kette Gyakuzuki Ch
3. Kette Junzuki no Tsukomi J
4. Kette Gyakuzuki no Tsukomi Ch
5. Nagashizuki J
6. Surikomi Mawashigeri J
7. Surikomi Sokuto J
8. Ushirogeri Ch
9. Nidan Geri J

RENRAKU WAZA

1. Surikomi Maegeri Ch, Nagashizuki J, Mawashigeri J
2. Maegeri Ch, Sokuto Ch, Ushirogeri Ch, Gyakuzuki Ch
3. Zenshinshite J Renzuki Ch, Surikomi Maegeri Ch, Mawashigeri Ch, Gyakuzuki Ch

SANBONGUMITE

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

OHYOGUMITE

1. Sanbonme
2. Yonhonme
3. Gohonme

KIHONGUMITE

1. Sanbonme
2. Yonhonme

KATA

1. Kushanku
2. Naihanchi

JI YU KUMITE

1 KYU – BRUNT BÄLTE

KIHON WAZA

1. Kette Junzuki Ch
2. Kette Gyakuzuki Ch
3. Kette Junzuki no Tsukomi J
4. Kette Gyakuzuki no Tsukomi Ch
5. Nagashizuki J
6. Surikomi Mawashigeri J
7. Mawashigeri J
8. Ushirogeri Ch
9. Surikomi Sokuto J

RENRAKU WAZA

1. Zenshinshite J Renzuki Ch, Maegeri Ch, Mawashigeri Ch, Ushirogeri Ch, Gyakuzuki Ch
2. Surikomi Renzuki Ch, Surikomi Maegeri Ch, Mawashigeri Ch, Ushirogeri Ch, Uraken J
3. Zenshinshite J Renzuki Ch, Maegeri Ch, Nagashizuki J, Gyakuzuki Ch, Mawashigeri Ch

SANBONGUMITE

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

OHYOGUMITE

1. Gohonme
2. Ropponme
3. Nanahonme

KIHONGUMITE

1. Ropponme
2. Nanahonme

KATA

1. Seishan
2. Chinto

JI YU KUMITE