

9:e Kyu mon, Rött/vit bälte

Kihon Waza (grundtekniker)

1. Junzuki (framslag)
2. Gyakuzuki (bakhandsslag)
3. Maegeri (framspark)
4. Mawashigeri (rundspark)

Renraku Waza

1. Maegeri chudan, kizamizuki jodan
2. Maegeri chudan, gyakuzuki chudan
3. Uchi uki jodan, gyakuzuki chudan

9:e Kyu, Rött bälte

Kihon Waza (grundtekniker)

1. Junzuki (framslag)
2. Gyakuzuki (bakhandsslag)
3. Maegeri (framspark)
4. Mawashigeri (rundspark)

Renraku Waza

1. Maegeri chudan, kizamizuki jodan
2. Maegeri chudan, gyakuzuki chudan
3. Uchi uki jodan, gyakuzuki chudan

Kumite

Ippongumite Jodan 1
Ippongumite Chudan 1

Kata
Taikioku shodan

8:e kyu mon, Gult/vit bälte

Kihon Waza

Ji yu kumite

- 1. Kette Junzuki**
- 2. Maegeri jodan**
- 3. Surikomi mawashigeri jodan**
- 4. Sokuto fumikomi hiza**

Renraku Waza

- 1. Maegeri mawashigeri gyakuzuki**
- 2. Soto uke gyakuzuki**
- 3. Maegeri chudan surikomi mawashigeri jodan gyakuzuki chudan**

8:e kyu, Gult bälte

Kihon Waza

- 1. Kette Junzuki**
- 2. Maegeri jodan**
- 3. Surikomi mawashigeri jodan**
- 4. Sokuto fumikomi hiza**

Renraku Waza

- 1. Maegeri mawashigeri gyakuzuki**
- 2. Soto uke gyakuzuki**
- 3. Maegeri chudan surikomi mawashigeri jodan gyakuzuki chudan**

Kumite

Sanbongumite soto uke

Sanbongumite uchi uke

Sanbongumite maegeri uke ipponme (1), hidari & migi

Kata

Pinan nidan

Ji yu kumite

7:e mon Kyu, Orange/vit bälte

Kihon Waza

1. Junzuki no tsukomi
2. Kette gyakuzuki
3. Tobikomizuki
4. Surikomi sokuto chudan

Renraku Waza

1. Maegeri jodan sokuto chudan gyakuzuki chudan
2. Maegeri surikomi sokuto fumikomi hiza gyakuzuki
3. Maegeri tobikomizuki gyakuzuki

Kata .Pinan Shodan

7:e Kyu, Orange bälte

Kihon Waza

1. Junzuki no tsukomi
2. Kette gyakuzuki
3. Tobikomizuki
4. Surikomi sokuto chudan

Renraku Waza

1. Maegeri jodan sokuto chudan gyakuzuki chudan
2. Maegeri surikomi sokuto fumikomi hiza gyakuzuki
3. Maegeri tobikomizuki gyakuzuki

Kumite

- Sanbongumite jodan uke ipponme (1)
- Sanbongumite jodan uke nihonme (2)
- Sanbongumite maegeri uke sanbonme (3), hidari & migi.
- Sanbongumite maegeri uke yohonme (4), hidari & migi.

Kata. Pinan Shodan ,Sandan

Ji yu kumite

6:e Kyu mon, Grönt/vit bälte

Kihon Waza

1. Gyakuzuki no tsukomi
2. Kette junzuki no tsukomi
3. Nagashizuki jodan
4. Ushirogeri chudan
5. Nidangeri jodan

Renraku Waza

1. Mawashigeri ushirogeri gyakuzuki
2. Sokuto ushirogeri uraken jodan
3. Maegeri mawashigeri sokuto
4. Maegeri surikomi mawashigeri jodan ushirogeri gedan gyakuzuki chudan

Kata. Pinan Sandan

6:e Kyu, Grönt bälte

Kihon Waza

1. Gyakuzuki no tsukomi
2. Kette junzuki no tsukomi
3. Nagashizuki jodan
4. Ushirogeri chudan
5. Nidangeri jodan

Renraku Waza

1. Mawashigeri ushirogeri gyakuzuki
2. Sokuto ushirogeri uraken jodan
3. Maegeri mawashigeri sokuto
4. Maegeri surikomi mawashigeri jodan ushirogeri gedan gyakuzuki chudan

Kumite

Sanbongumite jodan uke sanbonme
 Sanbongumite jodan uke yohonme
 Sanbongumite maegeri uke gohonme, hidari & migi
 Sanbongumite meageri uke raponme, hidari & migi
 Ippongumite jodan gohonme
 Ippongumite chudan sanbonme

Kata Pinan Sandan, Yondan

5:e Kyu mon, Blått/vit bälte

Kihon Waza

1. Kette gyakuzuki no tsukomi mawate haishu uke gyakuzuki
2. Uraken uchi mawate gedan barai (förflyttning av främre foten)
3. Shuto uke gyakuzuki, mawate shuto uke gyakuzuki.
4. Sokuto jodan
5. Ura mawashigeri jodan

Renraku Waza

1. Maegeri nagashizuki jodan gyakuzuki
2. Surikomi maegeri nagashizuki jodan mawashigeri chudan
3. Maegeri sokuto fumikomi ushirogeri gedan gyakuzuki chudan
4. Heel step mawashigeri jodan back step gedan barai gyakuzuki

Kata. Pinan Yondan

5:e Kyu, Blått bälte

Kihon Waza

1. Kette gyakuzuki no tsukomi mawate haishu uke gyakuzuki
2. Uraken uchi mawate gedan barai (förflyttning av främre foten)
3. Shuto uke gyakuzuki, mawate shuto uke gyakuzuki.
4. Sokuto jodan
5. Ura mawashigeri jodan

Renraku Waza

1. Maegeri nagashizuki jodan gyakuzuki
2. Surikomi maegeri nagashizuki jodan mawashigeri chudan
3. Maegeri sokuto fumikomi ushirogeri gedan gyakuzuki chudan
4. Heel step mawashigeri jodan back step gedan barai gyakuzuki

Kumite

Ippongumite chudan gohonme.
Sanbongumite maegeri uke nihonme, hidari & mi gi.
Sanbongumite mawashigeri uke ipponme, hidari & migi.
Ohyogumite ipponme.
Ohyogumite nihonme

Kata Pinan Yondan, Godan. Ji yu kumite

4:e Kyu mon, Lila/vit bälte OBS! DENNA GRAD KAN GÖRAS I TVÅ STEG.

Goshin no kata

1. Maedori 1, 2, yokodori 1
2. Maedori 3, 4
3. Ushirodori 1, 2
4. Osaedori 1, 2
5. Keisatsu Taihojutsu 1, 2
6. Ushirodori 3, 4

Ohyogata

1. Ungadori
2. Udegaramidori
3. Irmininagedori
4. Hizagaramidori

4:e Kyu, Lila bälte

Goshin no kata

1. Maedori 1, 2, yokodori 1
2. Maedori 3, 4
3. Ushirodori 1, 2
4. Osaedori 1, 2
5. Keisatsu Taihojutsu 1, 2
6. Ushirodori 3, 4

Ohyogata

1. Ungadori
2. Udegaramidori
3. Irmininagedori
4. Hizagaramidori

Tachiai waza

1. Kouchigari, ouchigari.
2. Kombination Kouchigari, Ouchigari.
3. Ouchigari, Taiotoshi alternativ uchi makikomi.
4. Ouchigari, Kouchigari, harigoshi, kuzure kesagatame, katagatame, hiza osae chudan, ude hisigi, juji gatame
5. Ouchigari, kouchigari, kubinage, alternativ sionagi, kesagatame, ude hisigi ashigarama Kumite

Ohyogumite sanbonme

Ohyogumite yohonme

Kata Naihanchi.

Ji Yu kumite (obs! med nagewaza)

3:e Kyu mon, Brunt/vit bälte

Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Ushirogeri chudan
8. 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.

3:e Kyu Brunt bälte

Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Tobikomizuki
6. Nagashizuki
7. Ushirogeri chudan
8. 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.

Kumite

Sanbongumite maegeri uke nihonme, hidari & migi
Sanbongumite maegeri uke yohonme, hidari & migi
Ohyogumite gohonme, ropponme,

Kata

Ku shanku.

Ji yu kumite

2:a Kyu mon, Brunt/vit bälte

Du måste ha gått Sweden Wado Ryu´s Klubbinstruktörs kurs och diplomerade

Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Nagashizuki
6. Surikomi mawashigeri jodan
7. Surikomi sokuto jodan
8. Ushirogeri chudan
9. Nidangeri jodan

Renraku Waza

1. Surikomi maegeri chudan nagashizuki jodan mawashigeri jodan.
2. Maegeri chudan sokuto chudan ushirogeri chudan gyakuzuki chudan.
3. Zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan gyakuzuki chudan.

Kata. Chinto

2:a Kyu Brunt bälte

Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Nagashizuki
6. Surikomi mawashigeri jodan
7. Surikomi sokuto jodan
8. Ushirogeri chudan
9. Nidangeri jodan

Renraku Waza

1. Surikomi maegeri chudan nagashizuki jodan mawashigeri jodan.
2. Maegeri chudan sokuto chudan ushirogeri chudan gyakuzuki chudan.
3. Zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan gyakuzuki chudan.

Kumite

Sanbon gumite jodan uke ipponme.
 Sanbongumite maegeri uke sanbonme
 Sanbongumite maegeri uke yohonme.
 Ohyogumite nanhonme, haponme
 Kihogumite ipponme, nihonme, sanbonme.

Kata

Chinto, Seishan

Ji yu kumite

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1:a Kyu mon, Brunt/vit bälte

Du måste ha gått Sweden Wado Ryu´s tävlingarrangörs kurs och diplomerade

Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Nagashizuki
6. Surikomi mawashigeri jodan
7. Mawashigeri jodan
8. Ushirogeri chudan
9. Surikomi sokuto jodan

Renraku Waza

1. Zenshinshite jodan renzuki chudan maegeri chudan mawashigeri chudan ushirogeri chudan gyakuzuki chudan.
2. Surikomi zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan ushirogeri chudan uraken jodan.
3. Zen shinshite jodan renzuki chudan maegeri chudan nagashizuki jodan Gyakuzuki chudan mawashigeri chudan

Kata. Wanshu

1:a Kyu Brunt bälte

Kihon Waza

1. Kette junzuki
2. Kette gyakuzuki
3. Kette junzuki no tsukomi
4. Kette gyakuzuki no tsukomi
5. Nagashizuki
6. Surikomi mawashigeri jodan
7. Mawashigeri jodan
8. Ushirogeri chudan
9. Surikomi sokuto jodan

Renraku Waza

1. Zenshinshite jodan renzuki chudan maegeri chudan mawashigeri chudan ushirogeri chudan gyakuzuki chudan.
2. Surikomi zenshinshite jodan renzuki chudan surikomi maegeri chudan mawashigeri chudan ushirogeri chudan uraken jodan.
3. Zen shinshite jodan renzuki chudan maegeri chudan nagashizuki jodan Gyakuzuki chudan mawashigeri chudan

Kumite

Sanbongumite jodan uke sanbonme, yohonme.

Sanbongumite mawashigeri uke nihonme.

Sanbongumite maegeri uke gohonme (5), hidari & migi.

Ohyogumite kupponme, jupponme.

Kihongumite yohonme, gohonme,ropponme, nanahonme.

Kata

Basai + pinan kata

Ji yu kumite