

9. KYU

(Kukyu)

KIHON:

◎ Zenkutsu Dachi, Gedan-Barai Kamae

====> Chudan Oi-zuki

Mawazute

<==== Chudan Gyaku-zuki

==<== Jodan Age-uke

<==== Chudan Soto-ude-uke

Mawazute

Yame

◎ Zenkutsu-Dachi Kamae

====> Chudan Mae-geri

Mawazute

<==== Chudan Mae-geri

Mawazute

Yame

◎ Kiba-dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<==== Yoko-geri Keage

KATA: Heian Shodan

KUMITE: Gohon kumite (Jodan, Chudan)

8. KYU

(Hachikyu)

KIHON:

◎ Zenkutsu Dachi, Gedan-Barai Kamae

====> Jodan Oi-zuki
Mawazute
<==== Chudan Gyaku-zuki

==<== Jodan Age-uke

<==== Chudan Soto-ude-uke
Mawazute
====> Chudan Uchi-ude-uke

◎ Kokutsu-dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu-Dachi Kamae

====> Chudan Mae-geri
Mawazute
<==== Chudan Mae-geri
Mawazute

Yame

◎ Kiba-dachi, Gedan-barai Kamae

====> Yoko-geri Keage
Mawazute
<==== Yoko-geri Keage

KATA: Heian Shodan

KUMITE: Gohon kumite (Jodan, Chudan)

7.KYU

(Nanakyu)

KIHON:

◎ Zenkutsu Dachi, Gedan-Barai Kamae

====> Jodan Oi-zuki
Mawazute
<==== Chudan Gyaku-zuki

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

<==== Chudan Soto-ude-uke, Gyaku-zuki
Mawazute
====> Chudan Uchi-ude-uke, Gyaku-zuki

◎ Kokutsu-dachi, Shuto-uke Kamae

==>== Chudan Shuto-uke

Yame

◎ Zenkutsu-Dachi Kamae

====> Chudan Mae-geri
Mawazute
<==== Chudan Mae-geri
Mawazute

Yame

◎ Kiba-dachi, Gedan-barai Kamae

====> Yoko-geri Keage
Mawazute
<==== Yoko-geri Keage
Mawazute
====> Yoko-geri Kekomi
Mawazute
<==== Yoko-geri Kekomi

KATA: Heian Nidan

KUMITE : Sanbon Kumite Nr. 1 (Migi & Hidari)

6.KYU (Rokukyu)

KIHON:

⊙ Zenkutsu Dachi, Gedan-Barai Kamae

====> Ren-zuki

Mawazute

<====

Chudan Gyaku-zuki

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

<==== Chudan Soto-ude-uke, Gyaku-zuki

Mawazute

====>

Chudan Uchi-ude-uke, Gyaku-zuki

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

⊙ Kokutsu-dachi, Shuto-uke Kamae

====> Chudan Shuto-uke

==>== Chudan Shuto-uke

Yame

⊙ Zenkutsu-Dachi Kamae

====> Chudan Mae-geri

Mawazute

<====

Chudan Mawashi-geri

Mawazute

Yame

⊙ Kiba-dachi, Gedan-barai Kamae

====> Yoko-geri Keage

Mawazute

<====

Yoko-geri Keage

Mawazute

====>

Yoko-geri Kekomi

Mawazute

<====

Yoko-geri Kekomi

KATA: Heian Sandan

KUMITE : Sanbon Kumite Nr. 1 & 2 (Migi & Hidari)

5.KYU

(Gokyu)

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-Barai Kamae
- ====> Sanbon-zuki (Jodan, chudan, chudan)
Mawazute
<==== Gyaku sanbon-zuki (Chudan, jodan, chudan)
- ==<== Jodan Age-uke, Gyaku-zuki
- <==== Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi, (Kiba-dachi)
Mawazute
====> Chudan Uchi-ude-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki
- ⊙ Kokutsu-dachi, Shuto-uke Kamae
- ==>== Chudan Shuto-uke (Kokutsu), Chudan Nukite (Zenkutsu)
- Yame
- ⊙ Zenkutsu-Dachi Kamae
- ====> Mae-geri rengeru (chudan, jodan)
Mawazute
<==== Mawashi-geri
Mawazute
- Yame
- ⊙ Kiba-dachi, Gedan-barai Kamae
- ====> Yoko-geri Keage
Mawazute
<==== Yoko-geri Keage
Mawazute
====> Yoko-geri Kekomi
Mawazute
<==== Yoko-geri Kekomi

KATA: Heian Yondan

KUMITE : Kihon ippon kumite : 2 x Jodan (venstre/højre)
2 x Chudan (venstre/højre)
2 x Mae-geri (venstre/højre)

Der må ikke bruges samme forsvar til begge sider

4.KYU

(Yonkyu)

KIHON:

- ⊙ Zenkutsu Dachi, Gedan-Barai Kamae
- ====> Sanbon-zuki (Jodan, chudan, chudan)
- ==>== Gyaku sanbon-zuki (Chudan, jodan, chudan)
- ====> Jodan Age-uke, Gyaku-zuki
- ==>== Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi, Uraken-uchi (Kiba-dachi)
- ====> Chudan Uchi-ude-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki
- ==>== Gedan-Barai, Gyaku-zuki
- ⊙ Kokutsu-dachi, Shuto-uke Kamae
- ====> Chudan Shuto-uke (Kokutsu), Chudan Nukite (Zenkutsu)
- ==>== Chudan Shuto-uke (Kokutsu), Chudan Nukite (Zenkutsu)

Yame

- ⊙ Zenkutsu-Dachi Kamae
- ====> Mae-geri rengeru (chudan, jodan)
- Mawazute
- <==== Mawashi-geri
- Mawazute

Yame

- ⊙ Kiba-dachi, Gedan-barai Kamae
- ====> Yoko-geri Keage
- Mawazute
- <==== Yoko-geri Keage
- Mawazute
- ====> Yoko-geri Kekomi
- Mawazute
- <==== Yoko-geri Kekomi

KATA: Heian Godan

KUMITE : Kihon ippon kumite : 2 x Jodan (venstre/højre)
2 x Chudan (venstre/højre)
2 x Mae-geri (venstre/højre)
1 x Yoko-geri Kekomi (venstre)
1 x Mawashi-geri (venstre)

Der må ikke bruges samme forsvar til begge sider

3. KYU (Sankyu)

KIHON:

- ⊙ Zenkutsu Dachi , Gedan-Barai Kamae
- ====> Sanbon-zuki (Jodan, chudan, chudan)
- ==>== Gyaku sanbon-zuki (Chudan, jodan, chudan)
- ====> Jodan Age-uke, Ushiroashi Mae-geri, Gyaku-zuki
- ==>== Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi, Uraken-uchi (Kiba-dachi)
- ====> Chudan Uchi-ude-uke, Jodan Kizami-zuki, Chudan Gyaku-zuki
- ==>== Gedan Soto-barai, Gyaku-zuki
- ====> Jodan Soto-Shuto-uchi
- ==>== Chudan Mae-enpi

- ⊙ Kokutsu-dachi, Shuto-uke Kamae
- ====> Chudan Shuto-uke (Kokutsu), Chudan Nukite (Zenkutsu)
- ==>== Chudan Shuto-uke (Kokutsu), Kizami Mae-geri , Chudan Nukite (Zenkutsu)

- Yame
- ⊙ Zenkutsu-Dachi Kamae
- ====> Chudan Mae-geri
- Mawazute <==== Chudan Mawashi-geri
- Mawazute

- ⊙ Kiba-dachi, Gedan-barai Kamae
- ====> Yoko-geri Keage
- Mawazute <==== Yoko-geri Keage
- Mawazute
- ====> Yoko-geri Kekomi
- Mawazute <==== Yoko-geri Kekomi
- Mawazute

- ⊙ Zenkutsu-Dachi Kamae
- ====> Ushiro-geri
- Mawazute <==== Ushiro-geri

KATA: Tekki Shodan

KUMITE: Kihon ippon kumite

1 af alle angreb (hidari kamae)
1 af alle angreb (migi kamae)
1 hvor graduøren vælger ét forsvar

(Der må ikke bruges samme forsvar til begge sider.)

2. KYU

(Nikyu)

KIHON:

⊙ Zenkutsu Dachi , Gedan-Barai Kamae

====> Mae-geri, Oi-zuki (Chudan, Jodan)

Mawazute

<====

Mawashi-geri, Gyaku-zuki (Jodan, Chudan)

Mawazute

====>

Gyaku-zuki, Mae-geri, Oi-zuki, Gedan-barai (langsom Gedanbarai)

==>==

Gedan Soto-barai Jodan Uraken-uchi, Gyaku-zuki

====>

Jodan Tate-enpi, Gyaku Chudan Mae-enpi

Mawazute

<====

Jodan Soto-shuto-uchi, Jodan Uchi-shuto-uchi (samme arm)

Mawazute

Yame

⊙ Kokutsu-dachi, Shuto-uke Kamae

====>

Chudan Shuto-uke (Kokutsu), Kizami Mae-geri, Chudan Nukite (Zenkutsu)

==>==

Chudan Shuto-uke (Kokutsu), Ushiroashi Mae-geri, Chudan Nukite (Zenkutsu)

Yame

⊙ Zenkutsu-Dachi Kamae

<====

Ren-geri: Mae-geri, Mawashi-geri

Mawazute

====>

Kizami Yoko-geri Kekomi, Ushiro-geri

Mawazute

Yame

⊙ Kiba-dachi, Gedan-barai Kamae

<====

Yoko-geri Keage, Yoko-geri Kekomi (samme ben)

Mawazute

====>

Yoko-geri Keage, Yoko-geri Kekomi (samme ben)

Mawazute

⊙ Zenkutsu-Dachi, Gedan-barai Kamae

====>

Ukendt kombination

Mawazute

<====

Ukendt kombination

KATA:

Tekki Shodan

Bassai Dai

KUMITE :

Jiyu Ippon Kumite
(angrebet standses i Kihon ippon stil)

1 x Jodan
1 x Chudan
1 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri

1. KYU

(Ikkyu)

KIHON:

◎ Zenkutsu Dachi , Gedan-Barai Kamae

====> Mae-geri, Oi-zuki (Chudan, Jodan)

Mawazute

<==== Mawashi-geri, Gyaku-zuki (Jodan, Chudan)

Mawazute

====> Gyaku-zuki, Mae-geri, Oi-zuki, Gedan-barai

==>== Jodan Age-uke, Tate Uraken-uchi, Gyaku-zuki

====> Uchi-ude-uke, Jodan Kizami-zuki, Gyaku-zuki

==>== Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi, Uraken-uchi (Kiba-dachi)

====> Jodan Soto-Shuto-Uchi, Gyaku Jodan Haito-Uchi

==>== Jodan Tate-enpi, Chudan Gyaku Mae-enpi, Chudan Yoko-enpi

Yame

◎ Kokutsu-dachi, Shuto-uke Kamae

====> Chudan Shuto-uke (Kokutsu), Ushiroashi Mae-geri, Chudan Nukite (Zenkutsu)

==>== Chudan Shuto-uke, & Gyaku-zuki (Kokutsu)

Yame

◎ Zenkutsu-Dachi Kamae

<==== Ren-geri: Mae-geri, Mawashi-geri

Mawazute

====> Kizami Yoko-geri Kekomi, Ushiro-geri

Mawazute

Yame

◎ Kiba-dachi, Gedan-barai Kamae

<==== Yoko-geri Keage, Yoko-geri Kekomi (samme ben)

Mawazute

====> Yoko-geri Keage, Yoko-geri Kekomi (samme ben)

Mawazute

◎ Zenkutsu-Dachi, Gedan-barai Kamae

====> Ukendt kombination

==>== Ukendt kombination

KATA :

SHITEI: Heian Shodan til og med Tekki Shodan

SENTEI: Bassai-Dai, Kanku-Dai, Jion, Enpi

KUMITE :

Jiyu ippon kumite (standses i kamae)

2 x Jodan , 2 x Chudan , 2 x Mae-geri

1 x Yoko-geri , 1 x Mawashi-geri

KATA Bunkai

(graduering fra 8. til 1.Kyu)

De eksempler som er vist til hver Kata i bøgerne Shotokan KARATE International Kata (vol. 1 & 2)

Supplerende forklaringer til KYU-pensum

- 6.Kyu :** **Ren-zuki**
2 stød (Jodan Oizuki, Chudan Gyakuzuki) (shomen/shomen)
- 5.Kyu:** **Soto-uke, Yoko-enpi**
Frem Zenkutsu-dachi Soto-uke, skift til Kiba-dachi (glid ind på centerlinien) Yoko-enpi
- 3.Kyu:** **Jodan Age-uke, Ushiroashi Mae-geri, Gyaku-zuki**
Ushiroashi Mae-geri: spark med bagerste ben (tilbage samme sted)
- Gedan Soto-barai, Gyaku-zuki**
Udvendig fejende parade + kontra stød
- 2.Kyu:** **Gyaku-zuki, Mae-geri, Oi-zuki. Gedan-barai**
Gedan-barai skal være langsomt
- Jodan Soto-shuto-uchi, Jodan Uchi-shuto-uchi (samme arm)**
Skridt frem Zenkutsu-dachi, højre jodan Soto-shuto-uchi (hanmi) venstre hofte frem (shomen)
venstre arm frem, højre Uchi-shuto-uchi træk hofte tilbage (hanmi) venstre arm til bage som hikite.
- 1.Kyu:** **Jodan Age-uke, Tate Uraken-uchi, Gyaku-zuki**
Tate Uraken-uchi = Vertikal Uraken-uchi
- Jodan Tate-enpi, Chudan Gyaku Mae-enpi, Chudan Yoko-enpi**
Zenkutsu-dachi Tate-enpi, samme sted Chudan gyaku Mae-enpi, skift til Kiba-dachi
(glid ind på centerlinien) Yoko-enpi.