



## GRADERINGSKRAV 6 - 1 KYU

### 6 KYU (minst 20 träningsdagar)

| Hitoriwaza |                      |                 |
|------------|----------------------|-----------------|
| 1          | Taisabaki            | Kaiten          |
| 2          |                      | Tenkan          |
| 3          |                      | Irimitenkan     |
| 4          | Ukemi                | Mae, Ushiro     |
| Suwariwaza |                      |                 |
| 5          | Ryotedori            | Kokyoho         |
| Tachiwaza  |                      |                 |
| 6          | Katatedori           | Tai no tenkanho |
| 7          |                      | Shihonage       |
| 8          | Katatedori (aihanmi) | Ikkyo           |

### 5 KYU (minst 30 träningsdagar)

| Hitoriwaza |                      |             |
|------------|----------------------|-------------|
| 1          | Ikkyo undo           |             |
| 2          | Nikyo undo           |             |
| 3          | Sankyo undo          |             |
| 4          | Kotegaeshi undo      |             |
| 5          | Taisabaki            | Irimitenkan |
| 6          | Ukemi                | Mae, ushiro |
| Suwariwaza |                      |             |
| 7          | Katatedori aihanmi   | Ikkyo       |
| Tachiwaza  |                      |             |
| 8          | Katatedori (aihanmi) | Kotegaeshi  |
| 9          | Katatedori           | Kokyonage   |
| 10         | Ryotedori            | Tenchinage  |
| 11         | Shomenuchi           | Iriminage   |

### 4 Kyu (minst 40 träningsdagar efter 5 kyu)

| Hitoriwaza         |                  |                        |
|--------------------|------------------|------------------------|
| 1                  | Ikkyo undo       |                        |
| 2                  | Shikko           |                        |
| 3                  | Ukemi            |                        |
| Suwariwaza         |                  |                        |
| 4                  | Shomenuchi       | Ikkyo (omote, ura)     |
| 5                  |                  | Iriminage              |
| Hanmi handachiwaza |                  |                        |
| 6                  | Shomenuchi       | Iriminage              |
| Tachiwaza          |                  |                        |
| 7                  | Katatedori       | Kokyoho                |
| 8                  | Morotedori       | Ikkyo (omote, ura)     |
| 9                  | Ryotedori        | Nikyo (omote, ura)     |
| 10                 | Ushiro ryotedori | Iriminage              |
| 11                 | Shomenuchi       | Ikkyo (omote, ura)     |
| 12                 |                  | Nikyo (omote, ura)     |
| 13                 | Yokomenuchi      | Shihonage (omote, ura) |
| 14                 |                  | Udekimenage            |

### 3 Kyu (minst 50 träningsdagar efter 4 kyu)

| Suwariwaza         |                  |                        |
|--------------------|------------------|------------------------|
| 1                  | Shomenuchi       | Nikyo (omote, ura)     |
| 2                  |                  | Sankyo (omote, ura)    |
| Hanmi handachiwaza |                  |                        |
| 3                  | Shomenuchi       | Ikkyo (omote, ura)     |
| Tachiwaza          |                  |                        |
| 4                  | Katatedori       | Kotegaeshi             |
| 5                  | Katadori         | Sankyo (omote, ura)    |
| 6                  | Morotedori       | Nikyo                  |
| 7                  |                  | Kokyonage              |
| 8                  | Ryotedori        | Shihonage (omote, ura) |
| 9                  |                  | Kokyonage              |
| 10                 | Ushiro ryotedori | Ikkyo                  |
| 11                 |                  | Kotegaeshi             |
| 12                 | Shomenuchi       | Sankyo (omote, ura)    |
| 13                 |                  | Kaitennage             |
| 14                 | Yokomenuchi      | Ikkyo (omote, ura)     |
| 15                 |                  | Iriminage              |
| 16                 | Tsuki            | Kotegaeshi             |
| 17                 |                  | Iriminage              |
| 18                 | Katatedori       | Jiyuwaza               |

### 2 Kyu (minst 50 träningsdagar efter 3 kyu)

| Hitoriwaza         |                  |                         |
|--------------------|------------------|-------------------------|
| 1                  | Bokken           | Kihon                   |
| Suwariwaza         |                  |                         |
| 2                  | Shomenuchi       | Sankyo (omote, ura)     |
|                    |                  | Yonkyo (omote, ura)     |
| 3                  | Yokomenuchi      | Iriminage               |
| Hanmi handachiwaza |                  |                         |
| 4                  | Katatedori       | Kaitennage (soto, uchi) |
| 5                  | Shomenuchi       | Nikyo (omote, ura)      |
| 6                  | Tsuki            | Kotegaeshi              |
| Tachiwaza          |                  |                         |
| 7                  | Katatedori       | Hijikime osae           |
| 8                  | Katadori         | Yonkyo (omote, ura)     |
| 9                  |                  | Iriminage               |
| 10                 | Morotedori       | Kokyoho                 |
| 11                 |                  | Kotegaeshi              |
| 12                 | Katadori menuchi | Ikkyo (omote, ura)      |
| 13                 |                  | Nikyo (omote, ura)      |
| 14                 | Ryotedori        | Iriminage               |
| 15                 |                  | Kotegaeshi              |
| 16                 | Ushiro ryotedori | Kokyoho                 |
| 17                 |                  | Kokyonage               |
| 18                 | Shomenuchi       | Yonkyo (omote, ura)     |
| 19                 |                  | Shihonage               |
| 20                 | Yokomenuchi      | Gokyo                   |
| 21                 |                  | Kokyonage               |
| 22                 | Tsuki            | Shihonage               |
| 23                 |                  | Kaitennage (soto, uchi) |
| 24                 | Morotedori       | Jiyuwaza                |
| 25                 | Shomenuchi       | Jiyuwaza                |

### 1 kyu (minst 60 träningsdagar efter 2 kyu)

| Hitoriwaza         |                            |                         |
|--------------------|----------------------------|-------------------------|
| 1                  | Jo                         | Kihon                   |
| Suwariwaza         |                            |                         |
| 2                  | Shomenuchi                 | Ikkyo (omote, ura)      |
| 3                  | Katadori                   | Nikyo (omote, ura)      |
| 4                  | Yokomenuchi                | Sankyo (omote, ura)     |
| 5                  | Yokomenuchi                | Yonkyo (omote, ura)     |
| 6                  | Shomenuchi                 | Kotegaeshi              |
| Hanmi handachiwaza |                            |                         |
| 7                  | Katatedori                 | Shihonage (omote, ura)  |
| 8                  | Ryotedori                  | Shihonage (omote, ura)  |
| 9                  | Ushiro ryokatadori         | Sankyo                  |
| 10                 |                            | Kokyonage               |
| Tachiwaza          |                            |                         |
| 11                 | Katatedori                 | Koshinage               |
| 12                 | Ryotedori                  | Kotegaeshi (omote, ura) |
| 13                 | Munadori                   | Sankyo                  |
| 14                 |                            | Shihonage               |
| 15                 | Morotedori                 | Yonkyo                  |
| 16                 |                            | Jujigarami              |
| 17                 | Katadori menuchi           | Shihonage               |
| 18                 |                            | Kotegaeshi              |
| 19                 | Ushiro ryotedori           | Jujigame                |
| 20                 |                            | Shihonage               |
| 21                 | Ushiro ryohijidori         | Sankyo                  |
| 22                 |                            | Kotegaeshi              |
| 23                 | Ushiro ryokatadori         | Kokyoho                 |
| 24                 |                            | Kokyonage               |
| 25                 | Ushiro katatedori kubijime | Sankyo                  |
| 26                 |                            | Koshinage               |
| 27                 | Ushiro eridori             | Ikkyo                   |
| 28                 |                            | Iriminage               |
| 29                 | Shomenuchi                 | Gokyo                   |
| 30                 |                            | Udekimenage             |
| 31                 | Yokomenuchi (tanto)        | Gokyo                   |
| 32                 | Tsuki                      | Kaiten osae             |
| 33                 |                            | Hijikime osae           |
| 34                 | Dori                       | Jiyuwaza                |
| 35                 | Uchi                       | Jiyuwaza                |