

# Graderingsföreskrifter, tekniska krav - barn & ungdom

Kyu	Katamewaza					Nagewaza					Oyowaza										Övrigt							
	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho nage	Irimi nage	Kote gaeshi	Tenchi nage	Kaiten nage	Jiyu waza	Kokyu ho	Kokyu nage	Koshi nage	Udekimenage	Jujigarami	Sumiotoshi	Aikiotoshi	Aikinage	Ushirokiritoshi	Hijikimeosae	Ukemi	Shikko	Taisabaki	Jo	Ken	Reigi	
12	aihanmi katate dori						aihanmi katate dori					sw ryote dori										ushiro						
11	"						"	aihanmi katate dori				"	katate dori									mae, ushiro	mae					
10	katate dori					aihanmi katate dori	katate dori	"	ryote dori			"	morote dori									"	mae, ushiro	tenkan, irimitenkan				
9	"	aihanmi katate dori				"	"	katate dori	"	katate dori		"	ryote dori									mae, ushiro, tobikoshi	mae, ushiro, kaiten	"				
8	sw shomen uchi	kata dori	aihanmi katate dori			katate dori	sw shomen uchi	"	"	"		morote dori	uw ryote dori									"	"	"				
7	uw ryote dori	sw shomen uchi	katate dori	aihanmi katate dori		yoko men uchi	uw ryote dori	tsuki	"	"		"	futaridori (morotedori)									"	"	"				

kunna lära ut budoetikett