

**12 kyu (barn & ungdomsgrad)(röd bältesmarkering)**

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**Tandokudosa**

Ukemi Ushiro

**Sotaidosa**

*Suwariwaza*

Ryotedori Kokyuhu

*Tachiwaza*

Aihanmi katatedori Ikkyo  
Iriminage  
Ryotedori Tenchinage

**Övrigt**

Bära zori utanför mattan.

**11 kyu (barn & ungdomsgrad)(gul bältesmarkering)**

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**Tandokudosa**

Ukemi Mae  
Ushiro  
Shikko Mae

**Sotaidosa**

*Suwariwaza*

Ryotedori Kokyuhu

*Tachiwaza*

Aihanmi katatedori Ikkyo  
Shihonage  
Iriminage  
Kotegaeshi  
Ryotedori Tenchinage

**Övrigt**

Bära zori utanför mattan.

**10 kyu (barn & ungdomsgrad)(Orange bältesmarkering)**

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**Tandokudosa**

Ukemi Mae  
Ushiro  
Shikko Mae  
Ushiro  
Ashisabaki Tenkan ashi  
Irimitenkan ashi

**Sotaidosa**

*Suwariwaza*

Ryotedori Kokyuhu

*Tachiwaza*

Aihanmi katatedori Shihonage  
Kotegaeshi  
Gyakuhanmi katatedori Ikkyo  
Iriminage  
Kokyunage  
Katadori Ikkyo  
Ryotedori Tenchinage

**9 kyu (barn & ungdomsgrad)(grön bältesmarkering)**

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**Tandokudosa**

Ukemi Mae  
Ushiro  
Tobikoshi  
Shikko Mae  
Ushiro  
Kaiten  
Ashisabaki Tenkan ashi  
Irimitenkan ashi

**Sotaidosa**

*Suwariwaza*

Ryotedori Kokyuhu

*Tachiwaza*

Gyakuhanmi katatedori Ikkyo  
Shihonage  
Iriminage  
Kotegaeshi  
Uchikaitennage  
Sotokaitennage  
Katadori Ikkyo  
Ryotedori Tenchinage  
Morotedori Kokyunage

**Övrigt**

Kunna utföra korrekt zarei och tachirei.

**8 kyu (barn & ungdomsgrad)(blå bältesmarkering)**

**Tandokudosa**

Ukemi	Mae Ushiro Tobikoshi
Shikko	Mae Ushiro Kaiten
Ashisabaki	Tenkan ashi Irimitenkan ashi

**Sotaidosa**

*Suwariwaza*

Shomenuchi	Ikkyo Iriminage
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*Tachiwaza*

Gyakuhanmi katatedori	Shihonage Kotegaeshi Uchikaitennage Sotokaitennage
Shomenuchi	Ikkyo Iriminage
Ryotedori	Tenchinage Kokyunage
Morotedori	Kokyuho

**7 kyu (barn & ungdomsgrad)(brun bältesmarkering)**

**Tandokudosa**

Ukemi	Mae Ushiro Tobikoshi
Shikko	Mae Ushiro Kaiten
Ashisabaki	Tenkan ashi Irimitenkan ashi

**Sotaidosa**

*Suwariwaza*

Shomenuchi	Ikkyo Iriminage Kotegaeshi
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*Tachiwaza*

Gyakuhanmi katatedori	Uchikaitennage Sotokaitennage
Shomenuchi	Ikkyo Iriminage Kotegaeshi
Yokomenuchi	Shihonage
Ryotedori	Tenchinage
Morotedori	Kokyuho
Ushiro ryotedori	Ikkyo Iriminage Kokyunage

**Övrigt**

Kunna hjälpa till att lära ut korrekt reiho.

**6 kyu**

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**Tandokudosa**

Ukemi	Mae
	Ushiro
Shikko	Mae
Ashisabaki	Tenkan ashi
	Irimitenkan ashi

**Sotaidosa**

*Suwariwaza*

Ryotedori	Kokyuhu
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*Tachiwaza*

Aihanmi katatedori	Ikkyo
	Nikyo
	Sankyo
	Shihonage
	Iriminage
	Kotegaeshi
Gyakuhanmi katatedori	Kokyuhu
Ryotedori	Tenchinage

**Övrigt**

Bära zori utanför mattan

**5 kyu**

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**Tandokudosa**

Shikko	Ushiro
	Kaiten
Ashisabaki	Kaiten ashi
	Tenkai ashi

**Sotaidosa**

*Tachiwaza*

Gyakuhanmi katatedori	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Shihonage
	Iriminage
	Kotegaeshi
	Uchikaitennage
	Sotokaitennage
	Kokyuhu
	Kokyunage
	Udekimenage

**Övrigt**

Bära keikogi korrekt

**4 kyu**

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**Tandokudosa**

Ukemi	Yoko
Shikko	Yoko
Ken	Chudan no kamae
	Jodan no kamae
	Hasso no kamae
	Wakigamae
	Gedan no kamae
	Hodoku no kamae
Jo	Tsune no kamae
	Honte no kamae
	Gyakute no kamae
	Hikiotoshi no kamae

**Sotaidosa**

*Suwariwaza*

Shomenuchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Iriminage
	Kotegaeshi

*Tachiwaza*

Aihanmi katatedori	Rokkyo (ude hishigi)(hijikimeosae)
	Udekimenage
Shomenuchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Shihonage
	Iriminage
	Kotegaeshi
	Sotokaitennage

*Kennotebiki*

Aihanmi katatedori	Ikkyo
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*Jonotebiki*

Aihanmi katatedori	Ikkyo
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**Övrigt**

Kunna utföra korrekt zarei och tachirei

**3 kyu**

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**Tandokudosa**

Ukemi	Tobikoshi
Ken	Zenshin kotai men
	Zenshin kotai kote
	Tsuki
	Ken suburi 1-7
Jo	Honte uchi
	Gyakute uchi
	Hikiotoshi uchi
	Kaeshi tsuki
	Jo suburi 1-20

*Kentaiken*

Aihanmi katatedori	Ikkyo
	Nikyo
	Sankyo
Shomenuchi	Iriminage

*Kentaijo*

Aihanmi katatedori	Ikkyo
	Nikyo
	Sankyo
Shomenuchi	Iriminage

**Sotaidosa**

*Suwariwaza*

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*Hanmi hantachiwaza*

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*Tachiwaza*

Aihanmi katatedori	Koshinage
Ryotedori	Ikkyo
	Nikyo
	Sankyo
	Shihonage
	Iriminage
	Kotegaeshi
	Kokyuhō
Jujigarami	
Yokomenuchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Gokyo
	Shihonage

*Kennotebiki*

Gyakuhanmi katatedori	Ikkyo
	Nikyo
	Uchikaitennage

*Jonotebiki*

Gyakuhanmi katatedori	Ikkyo
	Nikyo
	Uchikaitennage

**Övrigt**

Kunna lära ut korrekt reiho

**2 kyu**

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**Tandokudosa**

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*Tachidori*

Shomenuchi

Rokkyo (ude hishigi)(hijikimeosae)

Shihonage

Kotegaeshi

Kokyuho

Kokyunage

**Sotaidosa**

*Suwariwaza*

Katadori

Ikkyo

Nikyo

Sankyo

Yonkyo

*Jodori*

Tsuki

Rokkyo (ude hishigi)(hijikimeosae)

Shihonage

Kotegaeshi

Kokyuho

Kokyunage

Jujigarami

*Hanmi hantachiwaza*

Gyakuhanmi katatedori

Ikkyo

Shihonage

Iriminage

Uchikaitennage

Kokyunage

*Kennotebiki*

Aihanmi katatedori

Kotegaeshi

Udekimenage

*Tachiwaza*

Katadori

Ikkyo

Nikyo

Sankyo

Yonkyo

Kokyunage

Shomenuchi

Koshinage

Gyakuhanmi katatedori

Sotomakikomi

Jiyuwaza

Aihanmi katatedori

Taiotoshi

Ryokatadori

Aikiotoshi

Aikinage

*Ken*

Sandanuchi (a)

**Övrigt**

Bära hakama korrekt.

*Kentaiken*

Shomenuchi

Ikkyo

Gyakuhanmi katatedori

Nikyo

Sankyo

*Kentaijo*

Shomenuchi

Ikkyo

Gyakuhanmi katatedori

Nikyo

Sankyo

**1 kyu**

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**Tandokudosa**

- *Kennotebiki*  
Gyakuhanmi katatedori Shihonage

**Sotaidosa**

*Suwariwaza* *Jonotebiki*  
Gyakuhanmi Shihonage

Yokomenuchi Ikkyo  
Nikyo  
Sankyo  
Yonkyo  
Gokyo  
*Kentaiken*  
Yokomenuchi Gokyo  
Shihonage  
Gyakuhanmi katatedori Kotegaeshi

*Hanmi hantachiwaza*

Ryotedori Shihonage  
Morotedori Shihonage  
*Kentaicho*  
Yokomenuchi Gokyo  
Shihonage

*Tachiwaza*

Tsuki Iriminage  
Kotegaeshi  
Sotokaitennage  
Koshinage  
Ushirokiritoshi  
Gyakuhanmi katatedori Kotegaeshi

Morotedori Kokyuhō  
Jiyuwaza  
**Övrigt**

Ryotedori Kokyunage  
Jiyuwaza  
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*Ushiwaza*

Ryotedori Ikkyo  
Nikyo  
Sankyo  
Yonkyo  
Shihonage  
Iriminage  
Kotegaeshi  
Uchikaitennage  
Jujigarami

Katatekubishime Sankyo

*Tantodori*

Sw Shomenuchi Gokyo  
Shomenuchi Gokyo  
Kotegaeshi  
Kokyuhō  
Yokomenuchi Gokyo  
Shihonage  
Kotegaeshi  
Tsuki Sankyo  
Rokkyo (Ude hishigi)(Hijikimeosae)  
Kotegaeshi