

## Graderingregler Vuxna

	6 kyu	5 kyu	4 kyu	3 kyu	2 kyu	1 kyu
Rekommenderad minimitid	Minimum 20 träningsdagar	Minimum 30 träningsdagar	Minimum 40 träningsdagar efter 5 kyu	Minimum 50 träningsdagar efter 4 kyu	Minimum 50 träningsdagar efter 3 kyu	Minimum 60 träningsdagar efter 2 kyu
ikkyo (ude osae)	tw ai katatedori	tw gy katatedori	sw shomenuchi tw shomenuchi knt ai katatedori jnt ai katatedori	tw ryotedori tw yokomenuchi knt gy katatedori jnt gy katatedori ktk ai katatedori ktj ai katatedori	sw katadori hhw gy katatedori tw katadori ktk shomenuchi ktj shomenuchi	sw yokomenuchi uw ryotedori
nikyo (kote mawashi)	tw ai katatedori	tw gy katatedori	sw shomenuchi tw shomenuchi	tw ryotedori tw yokomenuchi knt gy katatedori jnt gy katatedori ktk ai katatedori ktj ai katatedori	sw katadori tw katadori ktk gy katatedori ktj gy katatedori	sw yokomenuchi uw ryotedori
sankyo (kote hineri)	tw ai katatedori	tw gy katatedori	sw shomenuchi tw shomenuchi	tw ryotedori tw yokomenuchi ktk ai katatedori ktj ai katatedori	sw katadori tw katadori ktk gy katatedori ktj gy katatedori	sw yokomenuchi uw ryotedori uw katatekubishime ttt tsuki
yonkyo (tekubi osae)		tw gy katatedori	sw shomenuchi tw shomenuchi	tw yokomenuchi	sw yokomenuchi tw katadori	sw yokomenuchi uw ryotedori
gokyo (ude nobashi)				tw yokomenuchi		sw yokomenuchi ttt sw shomenuchi ttt shomenuchi ttt yokomenuchi ktk yokomenuchi ktj yokomenuchi
rokyo (ude hishigi)(hijikimeosae)			tw ai katatedori		td shomenuchi jd tsuki	ttt tsuki
shihonage	tw ai katatedori	tw gy katatedori	tw shomenuchi	tw ryotedori tw yokomenuchi	hhw gy katatedori td shomenuchi jd tsuki	hhw ryotedori hhw morotedori uw ryotedori knt gy katatedori jnt gy katatedori ttt yokomenuchi ktk yokomenuchi ktj yokomenuchi
iriminage	tw ai katatedori	tw gy katatedori	sw shomenuchi tw shomenuchi	tw ryotedori ktk shomenuchi ktj shomenuchi	hhw gy katatedori	uw ryotedori tw tsuki
kotegaeshi	tw ai katatedori	tw gy katatedori	sw shomenuchi tw shomenuchi	tw ryotedori	knt ai katatedori jnt ai katatedori td shomenuchi jd tsuki	uw ryotedori tw tsuki ttt shomenuchi ttt yokomenuchi ttt tsuki ktk gy katatedori ktj gy katatedori
uchikaitennage		tw gy katatedori		knt gy katatedori jnt gy katatedori	hhw gy katatedori	uw ryotedori
sotokaitennage		tw gy katatedori	tw shomenuchi			tw tsuki
tenchinage	tw ryotedori					
kokyuho	sw ryotedori	tw gy katatedori		tw ryotedori	td shomenuchi jd tsuki	tw morotedori ttt shomenuchi
kokyunage		tw gy katatedori			hhw gy katatedori tw katadori td shomenuchi jd tsuki	tw ryotedori
koshinage				tw ai katatedori	tw shomenuchi	tw tsuki
udekimenage		tw gy katatedori	tw ai katatedori		knt ai katatedori jnt ai katatedori	
jujigarami				tw ryotedori	jd tsuki	uw ryotedori
sotomakikomi					tw gy katatedori	
taiotoshi					tw ai katatedori	
aikiotoshi					tw ryokatadori	
ushirokiriotoshi						tw tsuki
aikinage					tw ryokatadori	
tainotenkanho	tw gy katatedori					
jiyuwaza					tw gy katatedori	tw ryotedori tw morotedori
ukemi	mae ushiro		yoko	tobikoshi		
shikko	mae	ushiro kaiten	yoko			
ashisabaki	tenkan ashi irimitenkan ashi	kaiten ashi tenkai ashi				
ken			chudan no kamae jodan no kamae hasso no kamae wakigamae gedan no kamae hodoku no kamae	zenshin kotai men zenshin kotai kote tsuki ken suburi 1-7	sandan uchi (a)	sandan uchi (b) yondan uchi
jo			tsune no kamae honte no kamae gyakute no kamae hikiotoshi no kamae	honte uchi gyakute uchi hikiotoshi uchi kaeshi tsuki jo suburi 1-20		
reiho	bära zori utanför mattan	bära keikogi korrekt	kunna utföra korrekt zarei och tachirei	kunna lära ut korrekt reiho	bära hakama korrekt	

ai = aihanmi  
gy = gyakuhanmitw = tachiwaza  
sw = suwariwazauw = ushirowaza  
hhw = hanmi hantachiwaza  
knt = ken no tebiki  
jnt = jo no tebikitd = tachidori  
jd = jodori  
ttt = tantodoriktk = ken tai ken  
ktj = ken tai jo