

ATEMI WAZA - 1	5. KYU	4. KYU	3. KYU	2. KYU	1. KYU	1. DAN	2. DAN
Waza Fra Kamae	På slagpude:	På slagpude:	På slagpude:	På plethandsker:	På plethandsker:	Fri plethandske Waza (5 kombinationer)	Fri plethandske Waza (7 kombinationer)
	Jodan Oi Tsuki	Mawashi Geri	Yoko Empi Uchi	Ushiro Mawashi Geri + Uraken Uchi + Gyaku Tsuki	Kizami Tsuki Gyaku Tsuki		
	Chudan Oi Tsuki	Gyaku Mae Empi	Uraken Uchi	Gyaku Tsuki + Uraken Uchi + Mae Geri	Mawashi Geri Gyaku Tsuki		
	Mae Geri	Kizami Tsuki	Gedan Hazo Geri	Gedan Mawashi Geri + Gyaku Haito Uchi + Kizami Tsuki	Uraken Uchi Ushiro Geri		
	Jodan Gyaku Tsuki	Gyaku Mawashi Tsuki	Ushiro Geri		Gyaku Mawashi Tsuki Gedan Mawashi Geri		
	Chudan Gyaku Tsuki	Yoko Geri	Haito Uchi		Gyaku Tsuki Ura Mawashi Geri		
		Age Tsuki (uppercut)					
	Uchi Shuto Uchi						
	Soto Shuto Uchi						

ATEMI WAZA - 2	5. KYU	4. KYU	3. KYU	2. KYU	1. KYU	1. DAN	2. DAN
Fra Kamae	Go No Sen (Z) = Zenkutsu, (K) = Kokutsu					Diai Waza: Zen No Sen/Go No Sen	
1. kombination	<i>Jodan Oi Tsuki</i>	<i>Jodan Gyaku Tsuki</i>	<i>Kizami Tsuki</i>	<i>Jodan Oi Tsuki</i>	<i>Kizami Tsuki</i>	<i>Kizami Tsuki</i>	<i>Kizami Tsuki</i>
	Age Uke	Age Uke + Gyaku Tsuki	Uchi Shuto Uke + Mae Ashi Mawashi Geri + Gyaku Tsuki	Age Uke (Z) + Chudan Oi Tsuki Soto Uke (Z) + Gyaku Tsuki (Z)	Age Uke Gyaku Tsuki Te Nagashi Uke + Uraken Uchi + Gyaku Tsuki	(Zen No Sen) Kizami Tsuki + Gyaku Tsuki	(Zen No Sen) Te Nagashi Uke + Gyaku Tsuki + Uraken Uchi + Gedan Gyaku Haito Uchi + De Ashi Barai + Gyaku Tsuki
2. kombination	<i>Chudan Oi Tsuki</i>	<i>Chudan Gyaku Tsuki</i>	<i>Uraken Uchi</i>	<i>Chudan Oi Tsuki</i>	<i>Mawashi Geri</i>	<i>Kizami Tsuki</i>	<i>Kizami Tsuki</i>
	Te Nagashi Uke	Uchi Shuto Uke + Gyaku Tsuki	Soto Uke + Yoko Empi + Jodan Gyaku Mae Empi	Soto Uke (Z) + Chudan Mae Geri Gedan Barai (Z) + Gyaku Tsuki (Z)	Soto Shuto Uke Gyaku Tsuki Gedan Barai + Gyaku Tsuki + Uraken Uchi + Mae Geri	(Zen No Sen) Te Nagashi + Chudan Gyaku Tsuki + Hiza Geri	(Zen No Sen) Te Nagashi + Uraken Uchi + Gyaku Tsuki + Morote Ashi Barai + Gyaku Tsuki
3. kombination	<i>Chudan Mae Geri</i>	<i>Chudan Gyaku Tsuki</i>	<i>Gyaku Mawashi Tsuki</i>	<i>Mae Geri</i>	<i>Uraken Uchi</i>	<i>Gyaku Tsuki</i>	<i>Uraken Uchi</i>
	Gedan Barai	Te Nagashi + Gyaku Mae Empi	Uchi Shuto Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Tsuki	Gedan Barai (Z) + Yoko Geri Soto Uke (Z) + Gyaku Tsuki (Z)	Uchi Shuto Uke Ushiro Geri Soto Barai + Gedan Mae Ashi Mawashi Geri + Gyaku Haito Uchi + Kizami Tsuki	(Go No Sen) Te Nagashi Uke + Uraken Uchi + Ushiro Geri	(Go No Sen) Uchi Shuto Uke Mae Geri Te Nagashi Uke + Træk i fod + Mae Geri

4. kombination	<i>Chudan Mae Geri</i>	<i>Mawashi Geri</i>	<i>Oi Tsuki</i>	<i>Yoko Geri</i>	<i>Gyaku Mawashi Tsuki</i>	<i>Kizami Tsuki</i>	<i>Gedan Mawashi Geri</i>
	Soto Barai	Gedan Barai + Mae Geri	Gyaku Uchi Shuto Uke + Yoko Geri + Gyaku Tsuki	Soto Uke (Z) + Uraken Uchi Soto Shuto Uke (K) + Gyaku Tsuki (Z)	Uchi Shuto Uke <i>Gedan Mawashi Geri</i> Hiza Uke + Gedan Mawashi Geri + Gyaku Tsuki	(Zen No Sen) Te Nagashi Uke + Gyaku Tsuki + De Ashi Barai + Ushiro Mawashi Geri	(Go No Sen) "Gyaku" Hiza Uke + Gedan Yoko Geri + Uraken Uchi
5. kombination				<i>Uraken Uchi</i>	<i>Gyaku Tsuki</i>	<i>Gyaku Tsuki</i>	<i>Gyaku Mawashi Tsuki</i>
				Soto Shuto Uke (K) + Chudan Mawashi Geri Uchi Shuto Uke (K) + Gyaku Tsuki (Z)	Gedan Barai <i>Ura Mawashi Geri</i> Te Nagashi Uke + Gyaku Haito Uchi + De Ashi Barai + Gyaku Tsuki	(Go No Sen) Te Nagashi Uke + Gedan Mae Ashi Mawashi Geri + Ushiro Mawashi Geri	(Zen No Sen) Uchi Shuto Uke + Gyaku Mae Empi + Hiza Geri
6. kombination				<i>Chudan Mawashi Geri</i>			
				Uchi Shuto Uke (K) + Chudan Ushiro Geri Soto Barai (K) + Gyaku Tsuki (Z)			