

Atemi Waza

Niveau	Disciplin	Teknikker					
5. kyu	Plethandsker/slagpuder	Kizami Tsuki	Gyaku Tsuki	Teisho Uchi	Mawashi Tsuki	Hiza Geri	Mae Geri
	Kombinationer	Kizami Tsuki el. Gyaku Tsuki Te Nagashi Uke <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Mawashi Tsuki Uchi Shuto Uke <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Mae Geri Gedan Barai <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>			
4. kyu	Plethandsker/slagpuder	Mae Empi	Age Empi	Age Tsuki	Mae Geri (<i>Keage/Kekomai</i>)	Mawashi Geri (<i>Chudan/Gedan</i>)	
	Kombinationer	Chudan Mae Geri Gedan Barai + Gyaku Tsuki <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Chudan Mawashi Geri Morote Uke + Gyaku Tsuki <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Gedan Mawashi Geri Undvig tilbage + Gyaku Tsuki <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Chudan Mawashi Geri Gedan Barai + Mae Geri <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>		
3. kyu	Plethandsker/slagpuder	Uraken Uchi	Yoko Empi Uchi	Yoko Geri Chudan (<i>Keage + Kekomi</i>)	Kizami Tsuki + Gyaku Tsuki + Mawashi Tsuki + Gedan Mawashi Geri		
	Kombinationer	Kizami Tsuki Uchi Shuto Uke + Mae Ashi Mawashi Geri + Gyaku Tsuki	Uraken Uchi Soto Uke + Yoko Empi Uchi + Gyaku Mae Empi Uchi	Gyaku Mawashi Tsuki Uchi Shuto Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Tsuki	Jodan Kizami Tsuki "Slip yderside" + Gyaku Tsuki + Mawashi Geri	Jodan Mawashi Tsuki "Weave/roll yderside" + Mawashi Tsuki + Jodan Mawashi Tsuki	
2. kyu	Plethandsker/slagpuder	Ushiro Geri	Ushiro Mawashi Geri	Kizami Tsuki + Gyaku Tsuki Uke: Kizami Tsuki "Slip yderside" + Gyaku Tsuki	Kizami Tsuki + Gyaku Tsuki Uke: Mawashi Tsuki "Roll yderside" + Mawashi Tsuki		
	Kombinationer: <i>Kachi Kamae Kumite</i>	Chudan Kizami Tsuki Te Nagashi Uke + Jodan Gyaku Tsuki "Slip" + Gyaku Tsuki	Jodan Gyaku Tsuki "Slip" + Jodan Mawashi Tsuki "Roll" + Gyaku Tsuki	Jodan Mawashi Tsuki "Roll" + Chudan Mae Geri Gedan Barai + Gyaku Tsuki	Chudan Mae Geri Gedan Barai + Yoko Geri Soto Uke + Gyaku Tsuki	Yoko Geri Soto Uke + Uraken Uchi Te Nagashi Uke + Gyaku Tsuki	Uraken Uchi Te Nagashi Uke + Mawashi Geri Morote Uke + Gyaku Tsuki Mawashi Geri Morote Uke + Chudan Ushiro Geri Gedan Gyaku Te Nagashi Uke + Gyaku Tsuki
1. kyu	Plethandsker/slagpuder	Ura Mawashi Geri	Mawashi Geri + Gyaku Tsuki	Uraken Uchi + Ushiro Geri	Gyaku Tsuki + Ura Mawashi Geri	Gyaku Tsuki + Uraken Uchi + Ushiro Mawashi Geri	
	Kombinationer	Kizami Tsuki Te Nagashi Uke Gyaku Tsuki Gedan Te Nagashi Uke + Uraken Uchi + Gyaku Tsuki	Uraken Uchi Uchi Shuto Uke Ushiro Geri Gyaku Gedan Barai + Gedan Mae Ashi Mawashi Geri + Haito Uchi	Mae Mawashi Tsuki Uchi Shuto Uke Gedan Mawashi Geri Hiza Uke + Gedan Mawashi Geri + Gyaku Tsuki	Mawashi Geri (gedan/chudan/jodan) Morote Uke + Hiza Uke + Mawashi Tsuki + Mawashi Geri		
1. dan	Plethandsker/slagpuder	Fri plethandske Waza (5-6 stk.) <i>Gerne specialisering indenfor eget valgt tema/emne.</i>					
	Kombinationer	Kizami Tsuki (Zen No Sen) Kizami Tsuki + Gyaku Tsuki	Kizami Tsuki (Zen No Sen) Te Nagashi + Chudan Gyaku Tsuki + Hiza Geri	Gyaku Tsuki (Go No Sen) Te Nagashi Uke + Uraken Uchi + Ushiro Geri	Gyaku Tsuki (Go No Sen) Te Nagashi Uke + Gedan Mae Ashi Mawashi Geri + Ushiro Mawashi Geri	Gyaku Tsuki (Go No Sen) Gedan Te Nagashi Uke Ura Mawashi Geri Te Nagashi Uke + Gyaku Haito Uchi + De Ashi Barai + Gyaku Tsuki	
2. dan	Plethandsker/slagpuder	5 egne teknikkompositioner					
	Kombinationer	Kizami Tsuki (Zen No Sen) Te Nagashi Uke + Gyaku Tsuki + Uraken Uchi + Gedan Gyaku Haito Uchi + De Ashi Barai + Gyaku Tsuki	Kizami Tsuki (Zen No Sen) Te Nagashi + Uraken Uchi + Gyaku Tsuki + Morote Ashi Barai + Gyaku Tsuki	Uraken Uchi (Go No Sen) Uchi Shuto Uke Mae Geri Gedan Te Nagashi Uke + træk i fod + Mae Geri	Gedan Mawashi Geri (Go No Sen) Hiza Uke + Gedan Yoko Geri + Uraken Uchi	Gyaku Mawashi Tsuki (Zen No Sen) Uchi Shuto Uke + Gyaku Mae Empi Uchi + Hiza Geri	5 egne teknikker eller - kombinationer