

Vuxengrader

6 kyu (minimum 20 träningstillfällen)		
Ukemi	mae, ushiro	
Taisabaki	irimitenkan, tenkan	
TACHI WAZA		
Tai no tenkan ho		gyakuhanmi katatedori
Ikkyo		aihanmi katatedori
Iriminage	ura	aihanmi katatedori
Shihonage		aihanmi katatedori
Tenchinage		gyakuhanmi katatedori
SUWARI WAZA		
Kokyu ho		ryotedori

5 kyu (minimum 30 träningstillfällen)		
Shikko		
TACHI WAZA		
Ikkyo		gyakuhanmi katatedori
Nikyo		katadori
Sankyo	uchi kaiten	aihanmi katatedori
Shihonage		gyakuhanmi katatedori
Iriminage		shomen uchi
Kotegaeshi		aihanmi katatedori
Tenchinage		ryotedori
Kaitennage	uchi	gyakuhanmi katatedori
Kokyu ho		gyakuhanmi katatedori

4 kyu (minimum 40 träningstillfällen efter 5 kyu)		
SUWARI WAZA		
Ikkyo		shomen uchi
Nikyo		katadori
TACHI WAZA		
Ikkyo		shomen uchi
Nikyo		aihanmi katatedori
Sankyo		katadori
Iriminage	ura	gyakuhanmi katatedori
Shihonage		yokomen uchi
Kotegaeshi		gyakuhanmi katatedori
Udekiminage		aihanmi katatedori
Kaitennage	soto	gyakuhanmi katatedori
Kokyu ho		katate ryotedori
Kokyunage		gyakuhanmi katatedori

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3 kyu (minimum 50 träningstillfällen efter 4 kyu)		
SUWARI WAZA		
Ikkyo		ryotedori
Nikyo		shomen uchi
Sankyo		shomen uchi
Yonkyo		shomen uchi
Iriminage		shomen uchi
HANMI HANDACHI WAZA		
Ikkyo		aihanmi katatedori
Shihonage		gyakuhanmi katatedori
Kaitennage	uchi, soto	gyakuhanmi katatedori
TACHI WAZA		
Ikkyo		yokomen uchi
Nikyo		shomen uchi, katadori
Sankyo		yokomen uchi
Yonkyo		shomen uchi
Gokyo		yokomen uchi
Shihonage		ryotedori
Iriminage		katate ryotedori, yokomen uchi
Kotegaeshi		shomen uchi, chudan tsuki
Kokyunage		shomen uchi
Udekiminage		yokomen uchi
USHIRO WAZA		
Ikkyo		ushiro ryotedori
Kokyunage		ushiro ryotedori
Iriminage		ushiro ryotedori
AIKIKEN		
SUBURI BOKKEN		
1. Kihon uchikomi		
2. Jodan kamae uchikomi		
3. Waki kamae uchikomi		
4. Fumikae uchikomi		
5. Kirikaeshi uchikomi		
AIKIJO		
SUBURI JO		
1. Choku tsuki	6. Shomen uchikomi	
2. Kaeshi tsuki	7. Renzoku uchikomi	
3. Ushiro tsuki	8. Menuchi gedan gaeshi	
4. Tsuki gedan gaeshi	9. Menuchi ushiro tsuki	
5. Tsuki Jodan gaeshi	10. Gyaku yokomen ushiro tsuki	

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2 kyu (minimum 50 träningstillfällen efter 3 kyu)		
SUWARI WAZA		
Ikkyo		yokomen uchi
Nikyo		yokomen uchi
Sankyo		yokomen uchi
Yonkyo		yokomen uchi
Iriminage		yokomen uchi
HANMI HANDACHI WAZA		
Ikkyo		gyakuhanmi katatedori
Shihonage		ryotedori
Iriminage		shomen uchi
Kaitennage	uchi, soto	ryotedori
Kotegaeshi		shomen uchi
TACHI WAZA		
Ikkyo		tsuki, katate ryotedori
Nikyo		munadori
Sankyo		tsuki
Yonkyo		tsuki
Gokyo		shomen uchi
Hijikime osae		shomen uchi
Shihonage		shomen uchi, munadori
Iriminage		ryotedori, tsuki
Kotegaeshi		katate ryotedori
Kaitennage		tsuki
Koshinage		gyakuhanmi katatedori
Ushiro kiri otoshi		tsuki
JIYU WAZA		
		shomen uchi, gyakuhanmi katatedori
USHIRO WAZA		
Nikyo		ushiro ryotedori
Sankyo		ushiro ryotedori
Shihonage		ushiro ryotedori
Kotegaeshi		ushiro ryotedori
Iriminage		ushiro katate kubishime
Jujigarami		ushiro ryotedori
AIKIKEN		
SUBURI BOKKEN		
6. Kirikaeshi uchikomi tsuki		
7. Kirikaeshi uchikomi fumikomi tsuki		
AIKIJO		
SUBURI JO		
11. Hasso gaeshi uchi	16. Katate gedan gaeshi	
12. Hasso gaeshi tsuki	17. Katate toma uchi	
13. Hasso gaeshi ushiro tsuki	18. Katate hachi ni ji gaeshi	
14. Hasso gaeshi ushiro uchi	19. Hidari nagare gaeshi uchi	
15. Hasso gaeshi ushiro harai	20. Migi nagare gaeshi tsuki	
JO KATA		
Någon av jusan (13), nijuni (22), eller sanjuichi (31).		

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1 kyu (minimum 60 träningstillfällen efter 2 kyu)		
SUWARI WAZA		
Ikkyo		katate ryotedori
Nikyo		ryokatadori
Sankyo		munadori
Kotegaeshi		ryotedori
Kaiten oasae		ryotedori
HANMI HANDACHI WAZA		
Ikkyo		shomen uchi
Sankyo		ushiro ryokatadori
Kotegaeshi		ushiro ryokatadori
Kokyunage		ushiro ryokatadori
TACHI WAZA		
Ikkyo		katadori menuchi
Nikyo		katate ryotedori
Sankyo	uchi kaiten	munadori
Yonkyo		ryotedori
Hijikime osae		tsuki
Kaiten osae		tsuki
Shihonage		katadori menuchi
Kaitennage		shomen uchi
Kotegaeshi		katadori menuchi
Iriminage		katadori menuchi
Kokyunage		ryokatadori
JIYU WAZA		
		tsuki, yokomen uchi
USHIRO WAZA		
Ikkyo		ushiro eridori
Nikyo		ushiro ryokatadori
Sankyo		ushiro katate kubishime
Kotegaeshi		ushiro ryohijidori
Iriminage		ushiro eridori
Kokyu ho		ushiro ryotedori
Koshinage		ushiro katate kubishime
JIYU WAZA		
		ushiro ryotedori
AIKIKEN		
KEN AWASE		
1. – 7:e awase		
AIKIJO		
JO AWASE		
1. – 8:e awase		
JO KATA		
Jusan (13), Nijuni (22), Sanjuichi (31)		