

## 6. kyu

<b>Fall</b>	
Ukemi	- Mae (forover) - Ushiro (bakover)

### Forflyttningsøvelser

Ikkyo undo	- Mae - Ushiro
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Taisabaki	- Irimi tenkan - Tenkan - Kaiten
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Shikko	- Mae - Ushiro
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### Tachi wasa

Ikkyo	- Ai hanmi katatedori
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Shiho nage	- Katatedori
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Irimi nage	- Shomen uchi
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Tai no tenkan ho	- Katatedori
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### Suwari wasa

Kokyo ho	- Ryotedori
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## 5. kyu

<b>Fall</b>	- Tobikoshi ukemi
Ikkyo undo	- Shiho
Shikko	- Mae/ushiro

<b>Tachi wasa</b>	<b>side</b>
Ikkyo	- Ai hanmi katatedori 30 - Shomen uchi 32

Shiho nage	- Ai hanmi katatedori 34 - Katatedori
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Irimi nage	- Ai hanmi katatedori 38 - Shomen uchi 40
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Tenchi nage	- Katatedori 41
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Seiza kokyo ho	- Ryotedori
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### Suwari wasa

Kokyo ho	- Ryotedori
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## 4. kyu

Ikkyo undo	- Happo
Shikko	- Kaiten
7 Bokken suburi	

<b>Tachi wasa</b>	<b>side</b>
Ikkyo	- Katatedori 60 - Katadori 64

Nikyo	- Katadori 68 - Katatedori 72 - Ai hanmi katatedori 76
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Sankyo	- Ushiro ryotedori 80 - Ai hanmi katatedori 84
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Kote gaeshi	- Ai hanmi katatedori 86 - Shomen uchi 88 - Katatedori 90
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Shiho nage	- Yokomen uchi 92
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Irimi nage	- Katatedori 94
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Tenchi nage	- Ryotedori 96
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Uchi kaiten nage	- Katatedori 98
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Kokyo nage	- Katatedori
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Udekimi nage	- Ai hanmi katatedori 102 - Katatedori 103 - Yokomen uchi 104
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Sokumen iriminage	- Katatedori 106
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### Suwari wasa

Ikkyo	- Ai hanmi katatedori 108 - Shomen uchi 110
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Irimi nage	- Ai hanmi katatedori 112 - Shomen uchi 114
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## 3. kyu

20 Jo suburi

<b>Tachi wasa</b>	<b>side</b>
Ikkyo	- Katate ryotedori 125 - Ryotedori 130 - Yokomen uchi 134 - Ushiro ryotedori 136

Nikyo	- Katate ryotedori 140 - Shomen uchi 146 - Yokomen uchi 150 - Ushiro ryotedori 154
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Sankyo	- Shomen uchi 158 - Yokomen uchi 162
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Yonkyo	- Shomen uchi 166 - Yokomen uchi 170
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Kote gaeshi	- Ushiro ryotedori 174 - Katate ryotedori 176 - Yokomen uchi 178
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Shiho nage	- Ryotedori 180 - Ushiro ryotedori 184
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Irimi nage	- Ushiro ryotedori 186 - Yokomen uchi 188
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Soto kaiten nage	- Katatedori 190
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Udekimi nage	- Katate ryotedori 192 - Ushiro ryotedori 194
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Kokyo nage	- Diverse grep
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Kokyo ho	- Katate ryotedori
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### Suwari wasa

Ikkyo	- Katatedori 200 - Katadori 204
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Nikyo	- Katatedori 208 - Katadori 212 - Shomen uchi
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Sankyo	- Shomen uchi 216
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Yonkyo	- Shomen uchi
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Kote gaeshi	- Shomen uchi 220
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### Hanmi handachi wasa

Shiho nage	- Katatedori 224
Uchi kaiten nage	- Katatedori 228
Irimi nage	- Shomen uchi 230

## 2. kyu

Bokken uchikomi - hanmi, zengo, shiho, happo  
Bokken uchikomi tsuki  
Bokken uchikomi fumikomi tsuki  
13 Jo kata

<b>Tachi wasa</b>	<b>side</b>
Ikkyo	- Katadori menuchi 244 - Ushiro ryokatadori 248 - Ushiro ryo hijidori - Chudan tsuki

Nikyo	- Katadori menuchi 250 - Ushiro ryokatadori 254
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Sankyo	- Katatedori 258 - Katadori 262 - Katadori menuchi 264 - Ushiro ryotedori 268
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Yonkyo	- Katatedori - Katadori
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Gokyo	- Yokomen uchi 272
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Kote gaeshi	- Ryotedori 274 - Katadori menuchi 276
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Shiho nage	- Katadori menuchi 276 - Shomen uchi 280
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Irimi nage	- Katate ryotedori 282 - Ryotedori 284 - Chudan tsuki 286 - Katadori menuchi 288
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Soto kaiten nage	- Shomen uchi 290
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Uchi kaiten nage	- Shomen uchi 292
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Kokyo nage	- Diverse slag
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Hijikime osae	- Jordan tsuki 294
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Sumiotoshi	- Katatedori 295
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Aikiotoshi	- Ushiro ryokatadori 296
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Koshi nage	- Ai hanmi katatedori 298 - Katatedori
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Juji garami	- Ushiro ryotedori 302
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Sokumen iriminage	- Mae ryokatadori 304 - Ushiro ryokatadori - Ushiro ryotedori
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### Suwari wasa

Ikkyo	- Ryokatadori - Yokomen uchi
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Nikyo	- Ryokatadori - Yokomen uchi
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Sankyo	- Katadori - Yokomen uchi
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Yonkyo	- Yokomen uchi
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Gokyo	- Yokomen uchi 308
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Kote gaeshi	- Katatedori 310
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Iriminage	- katatedori 312 - Yokomen uchi 314
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### Hanmi handachi wasa

Kote gaeshi	- Shomen uchi
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Shiho nage	- Ryotedori 316
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Soto kaiten nage	- Katatedori 318
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## 1. kyu

22 Jo kata  
31 Jo kata

<b>Tachi wasa</b>	<b>side</b>
Ikkyo	- Ushiro eridori 326 - Jordan tsuki 327 - Diverse variasjoner

Nikyo	- Chudan tsuki 328 - Jordan tsuki 329 - Diverse variasjoner
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Sankyo	- Chudan tsuki (uchi kaiten) 330 - Chudan tsuki (soto kaiten) 332 - Jordan tsuki 334 - Diverse variasjoner
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Yonkyo	- Diverse variasjoner
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Gokyo	- Shomen uchi 338
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Kote gaeshi	- Chudan tsuki 340 - Ushiro eridori 342 - Ushiro katatedori kubishime
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Shiho nage	- Munadori 344 - Jordan tsuki 346 - Ushiro eridori 348 - Ushiro katatedori kubishime 350
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Irimi nage	- Jordan tsuki
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Kaiten nage	- Jordan tsuki - Chudan tsuki - Diverse variasjoner
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Juji garami	- Katate ryotedori 352
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Udekimi nage	- Munadori - Jordan tsuki - Ushiro eridori - Ushiro katatedori kubishime - Diverse variasjoner
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Hijikime osae	- Ushiro eridori - Jordan tsuki - Diverse variasjoner
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Koshi nage	- Diverse grep og slag
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Sokumen iriminage	- Diverse slag
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Sumiotoshi	- Diverse variasjoner
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### Suwari wasa

Gokyo	- Shomen uchi
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Kote gaeshi	- Yokomen uchi
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### Hanmi handachi wasa

Ikkyo	- Shomen uchi
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Nikyo	- Shomen uchi - Katatedori
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Gokyo	- Shomen uchi
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