



# SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

## 國際松濤館空手道連盟



### S.K.I.F / KYU / DAN GRADERING / EXAMINATIONSKRAV

**Ni-kyu (2:e kyu) Buraun obi dasshu, brunt bälte med 1 streck.** Tid: ca fem & halvt  
års tränande.

- Dachi-waza:** Moto-dachi – Manji-gamae (Bassai dai), Kata ashi-dachi – Ryote-fuse - Gedan gamae – Hiza-gamae – Juji-gamae – Tenshin (Kanku dai)
- Tsuki-waza:** Chudan tetsui hasami-uchi – Yama-zuki (Bassai dai) – Otoshi-zuki (Kanku dai)
- Handposition:** Kaeshi-dori – soete (Bassai dai), Kaishin – Heishin (Kanku dai)
- Uke-waza:** Gedan sukui-uke – Chudan tate shuto-uke – Morote age-uke (Bassai dai), Kaishu haiwen-uke – Ryo-ude mawashi-uke (Kanku dai)
- Geri-waza:** Gedan ke-sage – Harai-fumikomi (Bassai dai) – Tobi-geri (Kanku dai)

#### **Kihon-waza:**

##### **Gedan barai kamaete gokai.**

1. Mae-geri, oi-zuki – mawatte (Gyaku-zuki kamaete)
2. Mawashi-geri, gyaku-zuki – mawatte
3. Gyaku-zuki, mae-geri, oi-zuki, gedan-barai, ← → – yame!

##### **Zenkutsu-dachi kamaete**

1. Mae-geri, mawashi-geri ← →
2. Kizami yoko kekomi, ushiro-geri ← → – yame!

##### **Kiba-dachi kamaete**

1. Yoko-keage yoko-kekomi (samma ben) – yame!

#### **Kumite: S.K.I.F Jiyu ippon kumite (jiyuna gamae)**

2 st jodan oi-zuki, 2 st chudan oi-zuki, 2 st mae-geri, 2 st yoko-geri samt 2 st mawashi-geri.

**Fokuseringstest:** Kizami-zuki & gyaku-zuki.

#### **Kata (teknikmönster):**

Tekki shodan (Bunkai)

1. En sentei kata **Bassai dai, Kanku dai, Jion, Empi.**