



SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

國際松濤館空手道連盟



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

Go-kyu (5:e kyu), Ao(burû) obi, blått bälte. Tid: ca tre och ett halvt års tränande.

Dachi-waza:	---
Zuki-waza:	Kaishu haiwan-uke – mae empi uchi
Handposition:	---
Uke-waza:	Gedan juje uke – Kaki Waki uke (Shuto)
Geri-waza:	Hiza-uchi

Kihon-waza (Grundtekniker):

Gedan barai kamaete gokai

1. Mae Sanbon zuki; Jodan-chudan-chudan – mawatte
2. Mae Gyaku sanbon-zuki; Chudan-jodan-chudan.
3. Sagatte Jodan age uke, gyaku-zuki.
4. Mae Soto ude uke, empi uchi, uraken uchi. (Kiba-dachi)
5. Sagatte Uchi ude uke, kizami-zuki, gyaku-zuki – mawatte, shuto uke
6. Sagatte Shuto uke (kokutsu dachi), chudan yohon nukite (zenkutsu dachi)
7. Mae Jodan age uke, gyaku-zuki, gedan barai
8. Sagatte Uchi ude uke, kizami-zuki, gyaku-zuki, gedan barai. Yame!

Zenkutsu-dachi kamaete ← →

1. Mae-geri - ren geri (chudan – jodan)
2. Mawashi-geri
3. Mae geri, ushiro geri, mawashi geri. Yame!

Kiba-dachi kamaete ← →

1. Yoko-keage
2. Yoko-kekomi. Yame!

Kumite (fightingtekniker): S.K.I.F kihon ippon-kumite 5:e kyu.

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

Kata (teknikmönster):

1. Heian Yondan

Fystest:

1. 20 st spänsthopp
2. 2x20 situps
3. 2x15 armhävningar