



# SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

國際松濤館空手道連盟



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

Rok-kyu (6:e kyu), Midori-obi, grönt bälte. Tid: ca tre års tränande.

Dachi-waza: ---  
Zuki-waza: ---  
Handposition: ---  
Uke-waza: ---  
Geri-waza: ---

### Kihon-waza:

#### Gedan barai kamaete gokai (5 steg) →

1. Chudan oi-zuki Mawatte
2. Chudan gyaku-zuki
3. **Sagatte** (bakåt) Jodan age uke – gyaku-zuki
4. **Mae** (framåt) Chudan soto uke – gyaku-zuki
5. **Sagatte** Chudan uchi ude uke – gyaku-zuki
6. **Mae** Chudan shuto uke (Kokutsu dachi) Mawatte
7. **Sagatte** Jama uke – teisho uke – gedan barai – yoko empi uchi (kiba dachi)
8. **Sagatte** Jodan age uke – uchi uke – gedan barai (i ura) - gyaku zuki.

### Geri-waza:

#### Zenkutsu-dachi kamaete ← →

1. Mae-geri
2. Mawashi geri
3. Ushiro geri
4. Mae-geri – Ren geri (chudan, jodan)

#### Kiba-dachi kamaete ← →

1. Yoko-keage
2. Yoko-kekomi – yame!
3. Fumikomi

### Kumite-waza:

Sanbon kumite 1, 2, 3, 4, & 5 (3-steg med partner), yakosoku (företbestämda tekniker).

4. Jama uke – shotei uke – gedan barai – empi uchi (kiba dachi).
5. Jodan age uke – uchi uke – gedan barai (i ura) - gyaku zuki.

### Kata:

1. Heian sandan (Bunkai)