

2 KYU nikyū



Krav: Minimum 50 träningspass
efter gradering till 3 Kyū

KATAME WAZA

Ikkyō (Ude osae)
Nikkyō (Kote mawashi)
Sankyō (Kote hineri)
Yonkyō (Tekubi osae)
Gokkyō (Ude nobashi)
Rokkyō (Hiji kime osae)

NAGE WAZA

Kote gaeshi
Shiho nage
Irimi nage
Soto kaiten nage
Uchi kaiten nage
Sumi otoshi
Aiki otoshi
Koshi nage
Juji garami
Kokyu ho

JIYU WAZA

Tori waza

AIKI JO

Ni ju ni no kata (kata 22)

TACHI WAZA

Försvarsteknik (Jigo no jutsu)

Ikkyō

Nikkyō

Sankyō

Gokkyō

Kote gaeshi

Shihonage

Irimi nage

Soto kaiten nage

Uchi kaiten nage

Hiji kime osae (rokkyō)

Sumi otoshi

Aiki otoshi

Koshi nage

Juji garami

Kokyu ho

HANMI HANDACHI WAZA

Försvarsteknik (Jigo no jutsu)

Shihonage

Soto kaiten nage

SUWARI WAZA

Försvarsteknik (Jigo no jutsu)

Yonkyō

Gokkyō

Kote gaeshi

Irimi nage

Attackform (Kogekiho)

Kata dori men uchi
Ushiro ryo kata dori

Kata dori men uchi
Ushiro ryo kata dori

Gyaku hanmi katate dori
Kata dori
Kata dori men uchi
Ushiro ryo kata dori

Yokomen uchi

Ryote dori
Kata dori men uchi

Kata dori men uchi
Shomen uchi

Katate ryote dori
Ryote dori
Chudan tsuki
Kata dori men uchi

Shomen uchi

Shomen uchi

Jodan tsuki

Gyaku hanmi katate dori

Ushiro ryo kata dori

Ai hanmi katate dori

Ushiro ryote dori

Ushiro ryo kata dori

Attackform (Kogekiho)

Ryote dori

Gyaku hanmi katate dori

Attackform (Kogekiho)

Shomen uchi

Yokomen uchi

Gyaku hanmi katate dori

Gyaku hanmi katate dori
Yokomen uchi