



GRADUERINGSPENSUM

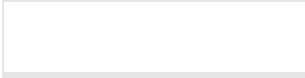
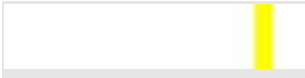
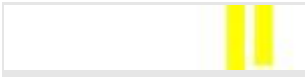
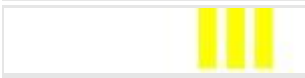

"Karate Light"

(4 – 6år)

Gradueringer skal fungere som et motiverende element i børnenes karate udvikling. Derfor skal instruktørerne tage visse hensyn, og se med "milde øjne" på Karate Light børns gradueringer. Disse hensyn er at berolige, tælle, forklare, eller demonstrere for eleverne.

Når "Karate Light børn" fylder 7år bliver kravene som nævnt under gradueringspensum (børn 7-14år).

Pensum er gældende fra 15.12 2024

Grad	Bæltefarve	Minimum træningstid ialt
Begynder	Hvidt 	3 måneder
12.Kyu	Hvidt 1 gul snip 	
11.Kyu	Hvidt 2 gule snipper 	
10.Kyu	Hvidt 3 gule snipper 	
9. Mon-kyu	Hvid/Gul/Hvid 	

SIGNATURFORKLARING:

- ⊙ Udgangsposition
- ==x== Samme sted
- ====> Fremad
- ==>== Baglænds

12. KYU**KIHON:**

- ⊙ Shizentai
 - ==x== Chudan Choku-zuki
 - ==x== Jodan Age-uke
 - Yame

- ⊙ Heisoku Dachi Kamae
 - ==x== Chudan Mae-geri
 - Yame

Hver øvelse laves 10 gange

11. KYU

KIHON:

☉ Shizentai

==x== Chudan Choku-zuki

==x== Jodan Age-uke

==x== Chudan Soto-uke

==x== Gedan-barai

Yame

☉ Heisoku Dachi Kamae

==x== Chudan Mae-geri

Yame

Hver øvelse laves 10 gange

10. KYU

KIHON:

☉ Shizentai

====> Zenkutsu Dachi, venstre Gedan-barai (1 gang)

Yame

====> Zenkutsu Dachi, højre Gedan-barai (1 gang)

Yame

☉ Zenkutsu Dachi, Gedan-barai Kamae

====> Chudan Oi-zuki (2 gange)

==>== Jodan Age-uke (2 gange)

Yame

☉ Shizentai

==x== Chudan Soto-uke (10 gange)

==x== Gedan-barai (10 gange)

Yame

☉ Heisoku Dachi Kamae

==x== Chudan Mae-geri (10 gange)

Yame

9. MON - KYU

KIHON:

⊕ Zenkutsu Dachi, Gedan-barai kamae

====> Chudan Oi-zuki

==>== Jodan Age-uke

====> Chudan Soto-uke

Yame

⊕ Kokutsu Dachi, Shuto-uke kamae

==>== Chudan Shuto-uke

Yame

⊕ Zenkutsu Dachi, Gedan-barai kamae

====> Gedan-barai

Mawatte

⊕ Zenkutsu Dachi, Kakiwake gedan kamae

<==== Chudan Mae-geri

Mawatte

Yame

⊕ Kiba Dachi, Kakiwake gedan kamae

====> Yoko-geri Keage

Mawatte

<==== Yoko-geri Keage

Mawazute

Yame

Hver øvelse laves 4 gange