

## Sedokans graderingsystem

Nivå	Krav*	Tekniker																		
		Taisabaki	Ukemi	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyu	Rokyo	Shihonage	Iriminage	Kotegaeshi	Kaitennage	Tenchinage	Koshinage	Juji garami	Jiyuwaza	Kokyunage	Kokyuho	Bukiwaza**
<b>6 kyu</b>	10 pass	Tai no henko kihon Shikko	Mae & ushiro ukemi (suwariwaza)	Aihanmi Katatedori (tachiwaza)							Aihanmi Katatedori (tachiwaza)			Ryotedori (tachiwaza)					Morotedori (tachiwaza) Suwariwaza	1 Ken suburi
<b>5 kyu</b>	20 pass		Mae & ushiro ukemi (tachiwaza)	Shomen-uchi (tachiwaza)						Gyakuhanmi Katatedori (tachiwaza)	Shomen-uchi (tachiwaza)	Aihanmi katatedori (tachiwaza)						Katatedori (tachiwaza)		Ichi no awase (migi & hidari) 1- 3 Ken suburi
<b>4 kyu</b>	30 pass	Tai no henko awaze	Yoko ukemi (Tachiwaza)	Shomen-uchi (tachiwaza) Katadori (tachiwaza)						Yokomen- uchi (tachiwaza)		Shomen-uchi (tachiwaza)						Morotedori (tachiwaza)		7 Ken suburi
<b>3 kyu</b>	50 dagar Minst en termin	Tai no henko ki no nagare	Tobi ukemi (kote-gaeshi &koshinage)	Shomen-uchi (tachiwaza & suwariwaza)						Ryotedori (tachiwaza)	Tsuki (tachiwaza)			Ryotedori (tachiwaza)				Ryokatadori (tachiwaza)	Morotedori: omote & ura (tachiwaza)	31 Jo no kata Happo giri no ken 1, 5 och 7 Ken Awase
<b>2 kyu</b>	60 dagar Minst en termin			Katadori (tachiwaza)				Yokomen- uchi (tachiwaza)		Katatedori (hanmi- handachi samt suwariwaza)	Gyakuhanmi Katatedori (tachiwaza)	Katatedori uchimawari & sotomawari (tachiwaza)		Shomen- uchi (tachiwaza)	Ushiro ryotedori (tachiwaza)	Katadori (tachiwaza)	Ryotedori, 3 st (tachiwaza)	Morotedori: jodan, chudan & gedan (tachiwaza)		13 Jo no kata 20 Jo suburi 31 Kumi jo Jo-dori/nage
<b>1 kyu</b>	70 dagar Minst en termin			Yokomen-uchi (tachiwaza samt suwariwaza) Katadori (tachiwaza samt suwariwaza) Ushiro Ryotedori (tachiwaza)			Shomen- uchi	Tsuki (tachiwaza)	Ryotedori (hanmi- handachi- waza & suwariwaza)	Gyakuhanmi Katatedori: jodan, chudan, gedan (tachiwaza)		Tsuki		Morotedori Ushiro ryotedori	Morotedori	Katatedori, Ryotedori & Morotedori	Ryotedori (3 st) Morotedori (3 st) Katadori (3 st)		1-5 Kunitachi 1-10 Kumijo 1-10 Ken tai jo Tachidori 1-7 Ken Awaze	
<b>1 dan</b>	Minimum 1 år, 70 pass Minimiålder 15 år			Samtliga grundtekniker och samtliga angreppsformer																

\* Minikrav för gradering. Graderingstillstånd ges av Shido-in / Fukushido-in.

\*\* Bukiwaza är ett frivilligt tillägg

Fortsätt utföra tekniken höger / vänster tills examinator säger STOPP

