



**SHOTOKAN KARATE-DO INTERNATIONAL
FEDERATION SWEDEN**

國際松濤館空手道連盟





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Refik Bebinno

Shihan 6:e Dan





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SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION



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S.K.I.F GRADERINGSKRAV



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MON HALV GULT BÄLTE

(Mon = halvbälte. Endast för barn & ungdomar)

Kihon: Gedan barai kamaete gokai (5 steg) ←→

1. Chudan oi zuki
2. Chudan gyaku zuki
3. Jodan age uke
4. Chudan soto uke

Zenkutsu dachi kamaete

1. Mae geri ←→

Kiba dachi kamaete

1. Yoko keage ←→

Kumite: Gohon kumite (5 steg med partner)

1. Attack 5 jodan oi zuki, block 5 age uke kontra Chudan gyaku zuki (*på räkning*)

Kata: Taikyoku shodan (*på räkning*)



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國際松濤館空手道連盟



8-KYU GULT BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg) ←→

1. Chudan oi zuki
2. Chudan gyaku zuki
3. Jodan age uke
4. Chudan soto ude uke
5. Chudan shuto uke - *jame*

Zenkutsu dachi kamaete ←→

1. Mae geri
2. Mawashi geri

Kiba dachi kamaete ←→

1. Yoko keage
2. Yoko kekomi

Kumite: Gohon kumite (5 steg med partner)

1. Attack 5 jodan oi zuki, block 5 age uke kontra Chudan gyaku zuki
2. Attack 5 shudan oi zuki, block 5 soto ude uke kontra Chudan gyaku zuki

Kata: Heian shodan



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國際松濤館空手道連盟



MON HALV ORANGE BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Chudan oi zuki
2. Chudan gyaku zuki
3. B - Jodan age uke – gyaku zuki
4. F - Chudan soto ude uke – gyaku zuki
5. B - Chudan uchi ude uke – gyaku zuki
6. Chudan shuto uke (*kokutsu dachi*)

Zenkutsu dachi kamaete ←→

1. Mae geri
2. Mawashi geri
3. Ushiro geri

Kiba dachi kamaete ←→

1. Yoko keage
2. Yoko kekomi

Kumite: Sanbon kumite 1,2 (3 steg med partner)
(Attack jodan oi zuki, chudan oi zuki, mae geri)

Kata: Heian nidan



SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

國際松濤館空手道連盟



7-KYU ORANGE BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Chudan oi zuki - mawatte
2. Chudan gyaku zuki - mawatte
3. B - age uke - gyaku zuki
4. F - Soto uke - gyaku zuki
5. B - Uchi uke - gyaku zuki
6. F - Chudan shuto uke

Zenkutsu dachi kamaete ←→

1. Mae geri
2. Mawashi geri
3. Ushiro geri

Kiba dachi kamaete ←→

1. Yoko keage
2. Yoko kekomi

Kumite: Sanbon kumite 1, 2, 3 (3 steg med partner)
(Attack jodan oi zuki, chudan oi zuki, mae geri) vänster och höger sida.

Kata: Heian nidan (*bunkai*)



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國際松濤館空手道連盟



MON HALV GRÖNT BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Chudan oi zuki – mawatte
2. Chudan gyaku zuki
3. B – jodan age uke - gyaku zuki
4. F - Soto uke - gyaku zuki
5. B - Chudan uchi uke - gyaku zuki
6. F - Chudan shuto uke – *jame*

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 – *Jame*

Kumite: Sanbon kumite 1, 2, 3, 4 (3 steg med partner)
(Attack jodan oi zuki, chudan oi zuki, mae geri) vänster och höger sida.

Kata: Heian sandan



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6-KYU HEL GRÖNT BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Chudan oi zuki – mawatte
2. Chudan gyaku zuki
3. B – jodan age uke - gyaku zuki
4. F - Soto uke - gyaku zuki
5. B - Chudan uchi uke - gyaku zuki
6. F - Chudan shuto uk - chudan nukite – *jame*

Zenkutsu dachi kamaete ←→

1. Mae geri
2. Mawashi geri
3. Ushiro geri
4. Ushiro mawashi geri – *Jame*

Kiba dachi kamaete ←→

1. Yoko keage
2. Yoko kekomi – *Jame*

Kumite: Sanbon kumite 1, 2, 3, 4, 5 (3 steg med partner)
(Attack jodan oi zuki, chudan oi zuki, mae geri) vänster och höger sida.

Kata: Heian sandan (*bunkai*)



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國際松濤館空手道連盟



MON HALV BLÅTT BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Sanbon zuki; Jodan, chudan, chudan – *mawatte*
2. Gyaku sanbon zuki; chudan, jodan, chudan
3. *B* – Age uke, gyaku zuki
4. *F* – Soto uke, enpi, uraken, gedan barai
5. *B* - Uchi uke, kizami zuki, gyaku zuki – *mawatte* shuto uke
6. *B* - Shuto uke, chudan nukite

Zenkutsu dachi kamaete ←→

1. Mae geri chudan – ren geri (jodan, chudan)
2. Mae geri - Mawashi geri

Kiba dachi kamaete

1. Yoko keage ←→
2. Yoko kekomi ←→ – *jame*

Kumite: S.K.I.F kihon ippon kumite

2st jodan oi zuki, 2st chudan oi zuki 2st mae geri,
2st yoko geri, 2st mawashi geri

Fystest:

1. Spänstopp rakt upp 50cm 20st
2. Sit-ups 2x30st
3. Armhävningar 30st

Kata: Heian yondan



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國際松濤館空手道連盟



5-4 KYU BLÅTT BÄLTE (4-kyu skall utföras bättre)

Kihon: Gedan barai kamaete gokai (5 steg)

1. Sanbon zuki; Jodan, chudan, chudan – *mawatte*
 2. Sanbon Gyaku zuki; chudan, jodan, chudan
 3. *B* – Age uke - gyaku zuki
 4. *F* – Soto uke - enpi, uraken
 5. *B* - Uchi uke - kizami zuki - gyaku zuki – *mawatte* shuto uke
 6. *B* - Shuto uke - chudan nukite
-
1. *Mae* - Age uke - gyaku zuki - gedan barai
 2. *Sagatte* - Uchi uke - kizami zuki - gyaku zuki - gedan barai – *jame*

Zenkutsu dachi kamaete←→

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

Kiba dachi kamaete←→

3. Yoko keage
4. Yoko kekomi – *jame*

Kumite: S.K.I.F kihon ippon kumite 5 kyu

2st jodan oi zuki, 2st chudan oi zuki 2st mae geri,
2st yoko geri, 2st mawashi geri

S.K.I.F kihon ippon kumite 4 kyu

5st jodan oi zuki, 5st chudan oi zuki 5st mae geri,
5st yoko geri, 5st mawashi geri

Fystest:

4. Spänsthopp rakt upp 50cm 20st
5. Sit-ups 2x30st
6. Armhävningar 30st

Kata: Heian godan (*bunkai*)



SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

國際松濤館空手道連盟



MON HALV BRUNT BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Chudan oi zuki – *mawatte*
2. Chudan gyaku zuki
3. *B* – age uke
4. *F* – Chudan soto ude uke
5. *B* – Chudan uchi ude uke – *mawatte*
6. *B* – Shuto ude uke – *jame*

Zenkutsu dachi kamaete ←→

1. Mae geri
2. Mawashi geri
3. Ushiro geri

Kiba dachi kamaete ←→

1. Yoko keage
2. Yoko kekomi

Kumite: S.K.I.F shitei kihon ippon-kumite (vänster och höger)

2st jodan oi zuki, 2st chudan oi zuki, 2st mae geri, 2st yoko geri, 2st mawashi geri

Randori mot 4 personer 4x3 min

Fystest:

1. Spänsthopp rakt upp 2x20st
2. Sit-ups 2x30st
3. Armhävningar 2x20st

Koordination och spänstester

Karate tekniker med jämfotahopp slag/spark över lågt hinder.

Konditionstest löpning 3km på 13minuter

Dynamisk styrka mjölksyra och uthållighet

Fokuseringstest – KIME WAZA

Kizami zuki, gyaku zuki, mawashi geri

Kata: Tekki shodan



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國際松濤館空手道連盟



3-KYU BRUNT BÄLTE

Kihon: Gedan barai kamaete gokai (5 steg)

1. Chudan oi zuki – mawatte
2. Chudan gyaku zuki
3. B – age uke
4. F – Chudan soto ude uke
5. B – Chudan uchi ude uke – mawatte
6. B – Shuto ude uke – jame

Zenkutsu dachi kamaete ←→

1. Mae geri
2. Mawashi geri
3. Ushiro geri

Kiba dachi kamaete ←→

1. Yoko keage
2. Yoko kekomi

Kumite: S.K.I.F shitei kihon ippon-kumite (vänster och höger)

2st jodan oi zuki, 2st chudan oi zuki, 2st mae geri, 2st yoko geri, 2st mawashi geri

Randori mot 4 personer 4x3 min

Fystest:

1. Spänsthopp rakt upp 2x20st
2. Sit-ups 2x30st
3. Armhävningar 2x20st

Koordination och spänstester

Karate tekniker med jämfotahopp slag/spark över lågt hinder.

Konditionstest löpning 3km på 13minuter

Dynamisk styrka mjölksyra och uthållighet

Fokuseringstest – KIME WAZA

Kizami zuki, gyaku zuki, mawashi geri

Kata: Tekki shodan (bunkai)



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國際松濤館空手道連盟



Nikyu – Ikkyu 2-1 kyu Brunt

Kihon: Gedan barai kamaete gokai (5 steg)

1. Mae geri, oi zuki – mawatte gyaku zuki
2. Mawashi geri, gyaku zuki – mawatte
3. Gyaku zuki, mae geri, oi zuki, gedan barai ↔ – jame

Zenkutsu dachi kamaete

1. Mae geri, mawashi geri ↔
2. Kizami yoko kekomi, ushiro geri ↔ – jame

Kiba dachi kamaete

1. Yoko keage, yoko kekomi (samma ben) – jame

Kumite: S.K.I.F Jiyu ippon kumite (jiyuna gamae)

2st jodan oi zuki, 2st chudan oi zuki, 2st mae geri, 2st yoko geri, 2st mawashi geri

Fokus: Kizami zuki, gyaku zuki, mawashi geri

Kata Tekki shodan + en sentei kata bassai dai, kanku dai, jion, enpi