

NORGES TRADISJONELLE SHOTOKANFORBUND

TILKNYTTET NORGES TRADISJONELLE KARATEFORBUND - NTKF

International Traditional Karate Federation

ITKF

GRADERINGSPENSUM

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

Belte og graderingsbestemmelser:

BELTEFARGER:

9. kyu =	gult
8. kyu =	oransje
7. kyu =	rødt
6. kyu =	grønt
5. kyu =	blått
4. kyu =	lilla
3. kyu =	brunt
2. kyu =	brunt
1. kyu =	brunt
Junior Shodan =	sort belte

GRADERINGSHYPPIGHET:

Fra 9. kyu til 4. kyu:	3 ganger pr. år
Fra 4. kyu til 1. kyo :	hvert ½ år
Fra 1. kyo til shodan:	1 år

Fra 4. kyo og oppover bør man trene ca. 30 ganger mellom.
Junior Shodan må opp til senior Shodan hos Kawasoe sensei etter fylte 16 år.
For å bli Nidan må man først ha gradert senior Shodan.

HVEM KAN FORETA GRADERING:

Shodan over 18 år	=	9. kyu – 3. kyu
Nidan over 18 år	=	2. kyu
Sandan over 18 år	=	1. kyu
Yondan over 18 år	=	Junior shodan

Til Shodan må karatekaen ha vært med på alle treningene (med hvitt belte) i ”gashukoen”.
Det samme gjelder til Nidan, Sandan osv.

Til 1. kyu må en skaffe bevis på at karatekaen har deltatt på en Kawasoes senseis gashuko siste ½ år.

Til dan gradering må man også delta på siste trening.

Til dan gradering må man ha ren gi.

Til dan gradering må man være klar i god tid før gradering.

Sensei Øyvind Weberg

Sensei Poh Lim

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Federation – ITKF graderingspensum

From white belt (10th kyu)
to yellow belt (9th kyu)
From yellow belt to orange belt (8th kyu)

Time of staying: minimum 3 months

KIHON:

1. Gedanbarei
2. Ageuke
3. Sotouke
4. Oizuki
5. Gyakuzuki
6. Maegeri
7. Yokogeri (with side movements in kibandachi)

KATA:

Kihon Kata (9th kyu)
Heian Shodan (8th kyu)

KUMITE:

Gohon kumite - Sanbon kumite

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Federation – ITKF graderingspensum

From orange belt (8th kyu)
to red belt (7th kyu)

Time of staying: minimum 3 months

KIHON:

1. Oizuki
2. Gedanbarei Gyakuzuki
3. Ageuke Gyakuzuki
4. Sotouke Gyakuzuki
5. Shutouke (Kokutsudachi)
6. Maegeri
7. Yokogeri Keage (with side movements in Kibadachi)
8. Yokogeri Kekomi (with side movements in Kibadachi)
9. Mawashigeri

KATA:

Heian Nidan

KUMITE:

Kihon Ippon Kumite (2 Jodan - 2 Chudan)

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Federation – ITKF graderingspensum

From red belt (7th kyu)
to green belt (6th kyu)
From green belt (6th kyu)
to blue belt (5th kyu)

Time of staying: minimum 3 months

KIHON:

1. Sanbonzuki (5 steps forward)
2. Ageuke Gyakuzuki (5 steps back)
3. Sotouke Gyakuzuki (5 steps forward)
4. Gedanbarei Gyakuzuki
5. Shutouke (Kokutsudachi) – (5 steps back)
6. Maegeri (5 steps forward)
7. Mawashigeri (5 steps forward)
8. Yokogeri Keage(with side movements in Kibadachi)
9. Yokogeri Kekomi (with side movements in Kibadachi)

KATA:

Heian Sandan
Heian Yondan

KUMITE:

Kihon Ippon Kumite
(Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri)

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Ferderation – ITKF graderingspensum

From blue belt (5th kyu)
to purple belt (4th kyu)
and from purple belt to brown belt (3th kyu)

Time of staying: minimum 3 months/6 months from 4th kyu to 3rd kyu

KIHON:

1. Sanbonzuki (5 steps forward)
2. Ageuke Gyakuzuki (5 steps back)
3. Uchiuke Gyakuzuki (5 steps forward)
4. Sotouke Gyakuzuki (5 steps back)
5. Gedanbarei Gyakuzuki (5 steps forward)
6. Shutouke Nukite – (5 steps back)
7. Maegeri (5 steps forward)
8. Mawashigeri (5 steps forward)
9. Maegeri – Mawashigeri (changing leg)
10. Yokogeri Keage(with side movements)
11. Yokogeri Kekomi (with side movements)

KATA:

Heian Godan
Tekki Shodan

KUMITE:

Jiyu Ippon Kumite
(Jodan, Chudan, Maegeri, Mawashigeri)

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Ferderation – ITKF graderingspensum

From brown belt (3rd kyu)
to brown belt (2nd kyu)
and from brown belt (2nd kyu) to brown belt (1st kyu)

Time of staying: 6 months

KIHON:

1. Sanbonzuki (5 steps forward)
2. Moving back - Ageuke Gyakuzuki
Uchiuke Kizamizuki Gyakuzuki
Sotouke Yokohijate Urakenuchi
Gedanbarei Urakenuchi Gyakuzuki
Shutouke Maegeri Nukite
3. Maegeri (5 steps forward)
4. Mawashigeri (5 steps forward)
5. Yokogeri Keage(with side movements)
6. Maegeri – Yokogeri (changing leg)
7. Mawashigeri – Yokogeri (changing leg)

KATA:

Tekki Shodan
Bassai Dai

KUMITE:

Jiyu Ippon Kumite
(Jodan, Chudan, Maegeri, Mawashigeri, Ushirogeri, Yokogeri)
Jiyu Kumite

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Ferderation – ITKF graderingspensum

From brown belt (1st kyu)
to black belt (1st Dan) and junior black belt

Time of staying: minimum 12 months

KIHON:

1. Sanbonzuki (5 steps forward)
2. Moving back - Ageuke Gyakuzuki
Uchiuke Kizamizuki Gyakuzuki
Sotouke Yokohijate Urakenuchi Gyakuzuki
Gedanbarei Urakenuchi Gyakuzuki
Shutouke Maegeri Nukite
3. Yokogeri Keage/Kekomi (with side movements)
4. Maegeri Jyunzuki Gyakuzuki
Yokogeri Kekomi Urakenuchi Gyakuzuki
Mawashigeri Gyakuzuki Urakenuchi
Ushirogeri Urakenuchi Gyakuzuki
(4 steps forward)
5. Maegeri Yokogeri (forward changing leg)
Gedanbarei Gyakuzuki (back)
Mawashigeri Yokogeri Urakenuchi Gyakuzuki
(forward)
6. Maegeri /Yokogeri/Ushirogeri (same leg – 3 directions)

(note: No 4 and 5 left and right side)

KATA:

- | | |
|--|--|
| A Kata of the candidate's choice between | A Kata selected by the commision between |
| - Bassai Dai | - Heian 1st, 2nd, 3rd, 4th |
| - Kanku Dai | - Tekki 1st |
| - Jion | |

KUMITE:

Jiyu Ippon Kumite
(Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri, Ushirogeri)
Jiyu Kumite

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Ferderation – ITKF graderingspensum

From 1st Dan to 2nd Dan

Time of staying: minimum 2 years

KIHON:

1. Kizamizuki Oizuki – Gyakuzuki (3 times forward)
2. Ageuke Sotouke (same arm) Gyakuzuki (back)
Sotouke Gedanbarei (sa) Urakenuchi Gyakuzuki (back)
Gedanbarei Uchiuke (sa) Kizamizuki Gyakuzuki (back)
3. Yokogeri Keage/Kekomi (same leg)
4. Kizami-Maegeri Maegeri Kizamizuki Gyakuzuki
Kizami-Maegeri Ushirogeri Urakenuchi Gyakuzuki
5. Kizami-Maegeri Mawashigeri Gyakuzuki Urakenuchi (forward)
Gedanbarei Urakenuchi Gyakuzuki (back)
Mawashigeri (back to staring position)
Urakenuchi Gyakuzuki
Ushirogeri Urakenuchi Gyakuzuki (forward)
Tsugiashi Maeashi-Mawashigeri Gyakuzuki Urakenuchi
6. Shiho Uke-Kime

(note: No 4 and 5 left and right leg)

KATA:

A Kata of the candidate's choice between

- Jitte
- Empi
- Hangetsu

A Kata selected by the commision between these scheduled in the programme up to 1st Dan

KUMITE:

Jiyu Kumite

NORGES TRADISJONELLE SHOTOKANFORBUND

TEKNISK KOMITE

International Traditional Karate Ferderation – ITKF graderingspensum

From 2nd Dan to 3rd Dan

Time of staying: minimum 3 years

KIHON:

1. Hachidachi, Gedanbarei back (Kibadachi)
(side movement) Yokogeri Keage Kibacachi (back) Gedanbarei
Gyakuzuki (Zenkutsudachi)
Tsugiashi Maeashi Yokogeri Kekomi Urakenuchi Gyakuzuki
2. Kizamizuki Maegeri Oizuki (back) Sotouke Gedanbarei (SA) Urakenuchi
Gyakuzuki Mawashigeri Tsugiashi - Gyakuzuki
3. Tsugiashi – Gyakuzuki Maeashi Mawashi Mawashigeri Urakenuchi
Mawashigeri Uramawashigeri (SL) Urakenuchi Gyakuzuki
4. Maeashi – Mawashigeri (SL) Gyakuzuki Urakenuchi (back) Kizamizuki Gyakuzuki
Ushirogeri Urakenuchi Gyakuzuki Mawashigeri Gyakuzuki
5. Maeashi – Maegeri (or Mawashigeri) Kizamizuki
Maeashi – Mawshigeri/Maegeri - Mawashigeri (SL)
Gyakuzuki Tsugiashi - Uramawashigeri Urakenuchi Gyakuzuki
6. Shihozuki (Kamae – free style) with Oizuki with Gyakuzuki or mixture
7. Shihogeri (Shizentai)

All techniques must be practised left and right side

KATA:

A Kata of the candidate's choice between

- Gankaku
- Bassai Sho
- Kanku Sho

A Kata selected by the commision between these scheduled in the programme up to 2nd Dan

KUMITE:

Jiyu Kumite

- Tokui Waza
- Attach technique
 - Defence technique
 - Deashibarai technique