

Vuxengraderingstekniker AKK

	8:e kyu Vitt	7:e kyu Gult	6:e kyu Orange	5:e kyu Grönt	4:e kyu Blått	3:e kyu Brunt	2:a kyu Brunt	1:a kyu Brunt
GRUNDER								
Junzuki	✓	✓	✓	✓	✓	✓	✓	✓
Gyakuzuki	✓	✓	✓	✓	✓	✓	✓	✓
Kette junzuki		✓	✓	✓	✓	✓	✓	✓
Kette gyakuzuki		✓	✓	✓	✓	✓	✓	✓
Junzuki tsukkomi			✓	✓	✓	✓	✓	✓
Kette junzuki tsukkomi				✓	✓	✓	✓	✓
Gyakuzuki tsukkomi				✓	✓	✓	✓	✓
Kette gyakuzuki tsukkomi					✓	✓	✓	✓
Tobikomizuki				✓	✓	✓	✓	✓
Nagashizuki					✓	✓	✓	✓

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SLAG								
Chokuzuki	✓	✓	✓	✓	✓	✓	✓	✓
Renzuki		✓	✓	✓	✓	✓	✓	✓
Shutochi		✓	✓	✓	✓	✓	✓	✓
Yoko Empi		✓	✓	✓	✓	✓	✓	✓
Uraken		✓	✓	✓	✓	✓	✓	✓
Nukite		✓	✓	✓	✓	✓	✓	✓
Sanrenzuki			✓	✓	✓	✓	✓	✓
Mae Empi			✓	✓	✓	✓	✓	✓
Tate Empi			✓	✓	✓	✓	✓	✓
Urazuki			✓	✓	✓	✓	✓	✓
Haitoiuchi				✓	✓	✓	✓	✓
Ushiro Empi				✓	✓	✓	✓	✓
Tate Shutozuki					✓	✓	✓	✓

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BLOCKERINGAR								
Jodanuke	✓	✓	✓	✓	✓	✓	✓	✓
Gedanbarai	✓	✓	✓	✓	✓	✓	✓	✓
Sotouke	✓	✓	✓	✓	✓	✓	✓	✓
Uchiuke		✓	✓	✓	✓	✓	✓	✓
Sukuiuke		✓	✓	✓	✓	✓	✓	✓
Otoshiuke		✓	✓	✓	✓	✓	✓	✓
Shutouke			✓	✓	✓	✓	✓	✓

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SPARKAR								
Kingeri	✓	✓	✓	✓	✓	✓	✓	✓
Maegeri	✓	✓	✓	✓	✓	✓	✓	✓
Hizageri	✓	✓	✓	✓	✓	✓	✓	✓
Mikazukigeri		✓	✓	✓	✓	✓	✓	✓
Mawashigeri		✓	✓	✓	✓	✓	✓	✓
Sokuto			✓	✓	✓	✓	✓	✓
Ushirogeri				✓	✓	✓	✓	✓
Hizamawashigeri					✓	✓	✓	✓
Soto Mawashigeri					✓	✓	✓	✓
Ushiro Mawashigeri						✓	✓	✓

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FRI FIGHTING								
Jiyukumite		✓	✓	✓	✓	✓	✓	✓

