



Svenska Shintai Kempo Förbundet

2005-01-01

<i>Gul</i>	<i>Orange</i>	<i>Grön</i>	<i>Blå</i>	<i>Brun</i>
Soto otoshi	Soto uke zuki	Kote okuri	Osae otoshi	Maki tenbin
Kiri tenbin	Yoko uke geri	Kubi gatame	Nigiri gaeshi	Yubi gaeshi
Uwa uke zuki	Hiki otoshi	Ashi uke geri	Fukko da oshi	Sukui nage
Uchi uke zuki	Ren uke (zuki/geri)	Hiki tenbin	Sukui otoshi	Kote neji
Harai uke geri	Juji tenbin	Tenkai gaeshi	Ude garami	Hiki ashi
Kote gaeshi	Soto gari	Dan uke (zuki/geri)	Kiri otoshi	Gyaku tenbin
Gedan uke zuki	Kote maki	Harai otoshi	Ushiro otoshi	Kote osae
Furi otoshi	Shita uke geri	Uchi gari	Okuri tenbin	Kaiten nage

<i>Losstagningar</i>	<i>Bolockeringar</i>	<i>Räkning</i>
Kote nuki	Johaku maki nuki	Uwa uke
Maki nuki	Morote jime nuki	Uchi uke
Neji nuki	Hadaka nuki	Harai uke
Choji nuki	Uwa Hadaka nuki	Gedan uke
Age nuki	Haigo nuki	Soto uke

Ashi uke	1 Ichi	6 Roku
Yoko uke	2 Ni	7 Shichi
Shita uke	3 San	8 Hachi
(Ren uke)	4 Shi	9 Ku
(Dan uke)	5 Go	10 Ju