



## Gribbskov Karate (SKIF) Pensum Fortolknings Guide og afvigelser fra SKIF std.

Sidst redigeret d. 12/11-25

## Indhold

<b>Kihon (10 kyu - 1 dan)</b> .....	<b>3</b>
5 kyu .....	3
4 kyu .....	4
1 dan .....	4
<b>Kumite</b> .....	<b>4</b>
Sanbon (6, 7 kyu) – afvigelse fra SKIF std. ....	4
Jiyu-ippou (3 kyu) – afvigelse fra SKIF std.....	4
<b>Kata</b> .....	<b>4</b>
Heian Nidan .....	4

# Kihon (10 kyu - 1 dan)

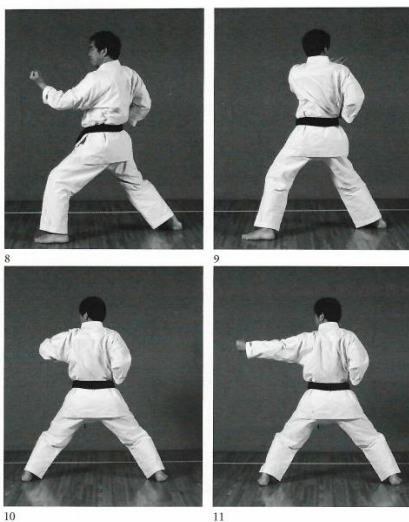
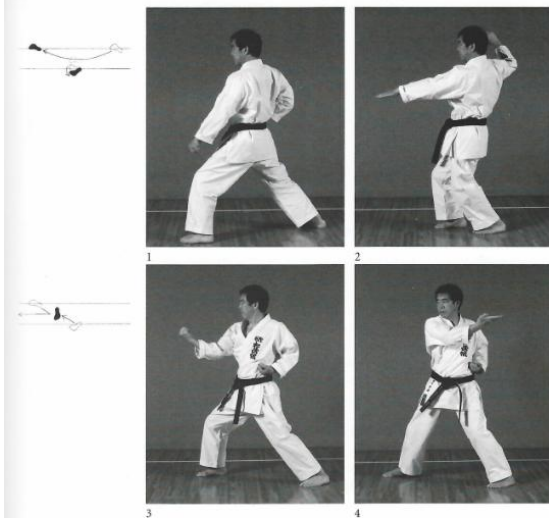
## 5 kyu

Kihon teknikken "Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi – uraken (Kiba-dachi)" udføres på følgende måde (skift fra zenkutsu-dachi til kiba-dachi). Kopi fra "Black Belt Karate" side 133 – 135.

### Combination 3: Soto ude-uke (Outside-to-inside block)—Empi-uchi (Elbow strike)—Uraken-uchi (Backfist strike)

Stance: *Zenkutsu-dachi* (front stance) to *kiba-dachi* (straddle-leg stance)

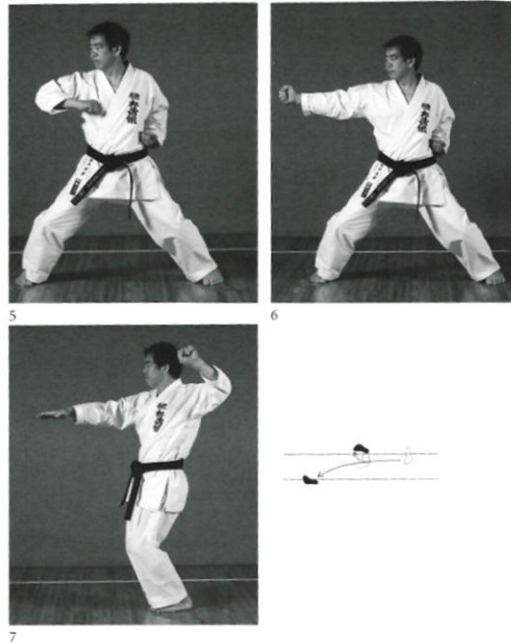
- 1) Assume a left downward-block ready position standing in a left front stance with the hips at *hanmi* (45-degree angle to the front).
- 2) Draw the right foot forward alongside the left foot while pulling the right elbow back and out to the side, and the right fist up to beside the right ear. At the same time, extend the left arm out in front of the solar plexus.
- 3) **Migi chudan soto ude-uke**  
Step forward with the right foot into a right front stance while performing a right outside-to-inside block.
- 4) Draw the right foot back one half-step toward the left foot while extending the right arm across the chest toward the left and up at an angle. The right hand is formed into a knife hand with the palm facing up.



- 8–11) Follow steps 3 to 6 outlined above using the opposite side.  
 • Once you become comfortable performing this combination, practice it while stepping backward.

#### Points to remember

- 1) Each stance must be performed properly, clearly demonstrating which stance is being used.
- 2) When shifting from *zenkutsu-dachi* into *kiba-dachi*, thrust off the rear foot to propel the body in the direction of the elbow strike. This will result in the rear foot sliding into place just after the front foot has. This type of sliding motion of the feet is called *yori-ashi*.



- 5) **Migi chudan yoko empi-uchi**  
Drive the right foot forward into a straddle-leg stance while delivering a right middle-level side elbow strike.
- 6) **Migi chudan yoko-mawashi uraken-uchi**  
Immediately following the elbow strike, deliver a right middle-level side round back-fist strike.
- 7) Draw the left foot forward alongside the right foot while pulling the left elbow back and the left fist to beside the left ear. At the same time, extend the right arm out in front of the solar plexus.

## 4 kyu

Se 5 kyu vedr. Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi – uraken (Kiba-dachi) - (skift fra zenkutsu-dachi til kiba-dachi)

## 1 dan

Se 5 kyu vedr. Sotouke – Yoko enpi – Uraken – Gyakuzuki - (skift fra zenkutsu-dachi til kiba-dachi)

## Kumite

Sanbon (6, 7 kyu) – afvigelse fra SKIF std.

Eleverne kan frit vælge mellem sanbon kumite 1 – 4 både til 7 og 6 kyu. SKIF standard overholdes i forhold til mihi / hidari visning.

Jiyu-ippou (3 kyu) – afvigelse fra SKIF std.

Eleverne gradueres i jiyu ippou 2 x jodan, 2 x chudan og 2 x mae-geri til 3 kyu, i stedet for kihon-ippou.

## Kata

### Heian Nidan

Fortolkning af fodstillingen i bevægelse 18 følger forklaring i bogen "Black Belt Karate" side 172

Fødderne er på linje i forhold til arealets bagkant og venstre fod drejet lidt indad.

