

Sedokans graderingsystem

Nivå	Krav*	Tekniker																		
		Taisabaki	Ukemi	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyu	Rokyo	Shihonage	Iriminage	Kotegaeshi	Kaitennage	Tenchinage	Koshinage	Juji garami	Jiyuwaza	Kokyunage	Kokyuhō	Bukiwaza**
6 kyu	10 pass	Tai no henko kihon, Shikko	Mae & ushiro ukemi (suwariwaza)	Aihanmi Katatedori (tachiwaza)							Aihanmi Katatedori			Ryotedori					Morotedori Suwariwaza	1 Ken suburi
5 kyu	20 pass		Mae & ushiro ukemi (tachiwaza)	Shomen-uchi (tachiwaza)						Katatedori (tachiwaza)	Shomen-uchi	Ai hanmi katatedori						Katatedori		Ichi no awase (migi & hidari) 1- 3 Ken suburi
4 kyu	30 pass	Tai no henko awaze	Yoko ukemi (Tachiwaza)	Shomen-uchi (tachiwaza) Katadori (tachiwaza)						Yokomen-uchi (tachiwaza)		Shomen-uchi						Morotedori		7 Ken suburi
3 kyu	50 dagar Minst en termin	Tai no henko ki no nagare	Tobi ukemi tobikoshi ukemi	Shomen-uchi (tachiwaza samt suwariwaza)						Ryotedori (tachiwaza)	Tsuki				Ryotedori			Ryokatedori	Morotedori (Omote & ura)	31 Jo no kata Happpo giri no ken 1, 5 och 7 Ken Awase
2 kyu	60 dagar Minst en termin			Katadori (tachiwaza)				Yokomen-uchi		Katatedori (Hanmi-handachi samt Suwariwaza)	Gyaku hanmi Katatedori	Katatedori Uchimawari samt Sotomawari			Shomen-uchi	Ushiro ryotedori	Katadori	Ryotedori (3 st)	Morotedori (jodan, chudan & gedan)	13 Jo no kata 20 Jo suburi 31 Kumi jo Jodori/nage
1 kyu	70 dagar Minst en termin			Yokomen-uchi (tachiwaza samt suwariwaza) Katadori (tachiwaza samt suwariwaza) Ushiro Ryotedori (tachiwaza)				Shomen-uchi	Tsuki	Ryotedori (Hanmihandachiwaza samt Suwariwaza)	Gyaku hanmi Katatedori (jodan, Chudan,		Tsuki		Morotedori Ushiro ryotedori	Morotedori	Katatedori, Ryotedori & Morotedori	Ryotedori (3 st) Morotedori (3 st) Katadori (3 st)		1-5 Kunitachi 1-10 Kumijo 1-10 Ken tai jo Tachidori
1 dan	Minimum 1 år, 70 pass Minst 15 år			Samtliga grundtekniker																

* Minikrav för gradering. Graderingstillstånd ges av Shido-in / Fukushido-in.

** Bukiwaza är ett frivilligt tillägg

Fortsätt utföra tekniken höger / vänster tills examinatorn säger: "Stopp!"