


# Kihon Kator som tränas i Itosu-ryu

Schema över ställningar och tekniker i de olika katorna

	Grad	Kihon Kata	Nr	Zenkutsu Dachi	Nekoashi Dachi	Geri	Zenkutsu Dachi
	9-8. kyu	Dai Ichi	1	Harai Uke		Chudan Mae Geri	Chudan Oi-Tsuki
	7. kyu	Dai Ni	2	Yoko Uke		Chudan Mae Geri	Chudan Oi-Tsuki
	6. kyu	Dai San	3	Age Uke		Chudan Mae Geri	Chudan Oi-Tsuki
	5. kyu	Dai Yon	4	Uchi Uke		Chudan Mae Geri	Chudan Oi-Tsuki
	4. kyu	Dai Go	5		Shuto Uke	Chudan Mae Geri	Chudan Oi-Tsuki
	3. kyu	Dai Roku	6		Kakate Uke	Chudan Mae Geri	Chudan Oi-Tsuki
	2. kyu	Dai Nana	7	Harai Uke	Yoko Uke	Chudan Mae Geri	Chudan Oi-Tsuki
		Dai Hachi	8	Yoko Uke	Age Uke	Chudan Mae Geri	Chudan Oi-Tsuki
	1. kyu	Dai Ku	9	Age Uke	Harai Uke	Chudan Mae Geri	Chudan Oi-Tsuki
		Dai Ju	10	Harai Uke	Shuto Uke	Chudan Mae Geri	Chudan Oi-Tsuki