

Klasseinndeling JKA Norway

Klasse 8. - 7. kyu	Kata innledende	Kata Semifinale	Kata Finale	Kumite innledende	Kumite finale
7-9	Taikyoku Shodan - Heian 1	Taikyoku Shodan - Heian 1	Taikyoku Shodan - Heian 1	Sanbon Kumite	Sanbon Kumite
10-12	Taikyoku Shodan - Heian 1	Taikyoku Shodan - Heian 1	Taikyoku Shodan - Heian 1	Sanbon Kumite	Sanbon Kumite
13-14	Taikyoku Shodan - Heian 1	Taikyoku Shodan - Heian 1	Taikyoku Shodan - Heian 1	Sanbon Kumite	Sanbon Kumite

Klasse 6. - 4. kyu	Kata innledende	Kata Semifinale	Kata Finale	Kumite innledende	Kumite finale
7-9	Heian 1-Heian 4	Heian 1-Heian 4	Heian 1-Heian 4	Kihon Ippon Kumite	Kihon Ippon Kumite
10-12	Heian 1-Heian 4	Heian 1-Heian 4	Heian 1-Heian 4	Kihon Ippon Kumite	Kihon Ippon Kumite
13-14	Heian 1-Heian 4	Heian 1-Heian 4	Heian 1-Heian 4	Kihon Ippon Kumite	Kihon Ippon Kumite

Klasse 8. - 4. kyu	Kata innledende	Kata Semifinale	Kata Finale	Kumite innledende	Kumite finale
15-16 år	Heian 1-Heian 4	Heian 1-Heian 4	Heian 1-Heian 4	Sanbon/Kihon Ippon Kumite	Sanbon/Kihon Ippon Kumite
17 år+	Heian 1-Heian 4	Heian 1-Heian 4	Heian 1-Heian 4	Sanbon/Kihon Ippon Kumite	Sanbon/Kihon Ippon Kumite

Klasse 3. - 1. kyu	Kata innledende	Kata Semifinale	Kata Finale	Kumite innledende	Kumite finale
7-9	Shitei Kata	Shitei Kata	Sentei Kata 3	Jiyu Ippon Kumite	Jiyu Ippon Kumite
10-12	Shitei Kata	Shitei Kata	Sentei Kata 3	Jiyu Ippon Kumite	Jiyu Ippon Kumite
13-14	Shitei Kata	Shitei Kata	Sentei Kata 3	Shobu Ippon	Shobu Ippon
15-16	Shitei Kata	Shitei Kata	Sentei Kata 3	Shobu Ippon	Shobu Ippon
17-19	Shitei Kata	Shitei Kata	Sentei Kata 3	Shobu Ippon	Shobu Ippon

Klasse Dan	Kata innledende	Kata Semifinale	Kata Finale	Kumite innledende	Kumite finale
10-12	Shitei Kata	Shitei Kata	Sentei Kata 2	Shobu Ippon	Shobu Ippon
13-14	Shitei Kata	Shitei Kata	Sentei Kata 2	Shobu Ippon	Shobu Ippon
15-16	Shitei Kata	Shitei Kata	Sentei Kata 2	Shobu Ippon	Shobu Ippon
17-19	Shitei Kata	Shitei Kata	Tokui Kata	Shobu Ippon	Shobu Ippon
20 år+ Eliteklassen	Shitei Kata	Sentei Kata 1	Tokui Kata	Shobu Ippon	Shobu Ippon - Kvinner Shobu Sanbon - Herrer

Klasse 3. kyu - Dan	Kata innledende	Kata Semifinale	Kata Finale	Kumite innledende	Kumite finale
20 år+	Shitei Kata	Shitei Kata	Tokui Kata*	Shobu Ippon	Shobu Ippon
40 år+	Shitei Kata	Shitei Kata	Tokui Kata*	Shobu Ippon	Shobu Ippon
50 år+	Shitei Kata	Shitei Kata	Tokui Kata*	Shobu Ippon	Shobu Ippon

Notater

Kata

Shitei Kata	Heian 2-5 og Tekki 1
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Sentei Kata 1	Bassai Dai, Kanku Dai, Jion, Enpi
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Sentei Kata 2	Bassai Dai, Kanku Dai, Jion, Enpi, Hangetsu, Gankaku, Jitte
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Sentei Kata 3	Tekki 1, Bassai Dai, Kanku Dai, Enpi, Jion
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Tokui kata	Tekki Shodan*, Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu, Tekki Nidan, Tekki Sandan, Bassai Sho, Kanku Sho, Nijushiho, Sochin, Chinte, Meikyo, Wankan, Unsu, Gojushiho sho, Gojushiho dai, Gankaku og Jitte
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* gjelder bare for 3.-1.kyu i klassen 3.kyu-Dan

Kumite

Kihon Ippon Kumite	Jodan, Chudan, Mae Geri
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Jiyu Ippon Kumite	Jodan, Chudan, Mae Geri
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Mer informasjon om JKA Norway's konkurranseregler finner du på www.jkanorway.no