

Brædstrup Shotokan karate - gradueringenspensum

	9. kyu	8. kyu	7. kyu og 6. kyu	5. kyu og 4.kyu
Kata	Heian Shodan	Heian Shodan	Heian Nidan / Heian Sandan	Heian Yondan / Heian Godan
Kumite	Gohon kumite	Gohon kumite	Sanbon kumite	Kihon ippon kumite
Zenkutsu-dachi, gedan-barai kamae-te	(Z) Oi-zuki (jo.) (K) Gyaku-zuki (chu.) (M) (K) Age-uke (Z) Soto-uke (M) (Y)	(Z) Oi-zuki (jo.) (K) Gyaku-zuki (chu.) (M) (K) Age-uke (Z) Soto-uke (M) (Z)Uchi-uke	(Z) Oi-zuki (jo.) (K) Gyaku-zuki (chu.) (M) (K) Age-uke, gyaku-zuki (Z) Soto-uke, gyaku-zuki (M) (Z) Uchi-uke, gyaku-zuki	(Z) Sanbon-zuki (jo., chu., chu.) (K) Gyaku sanbon-zuki (chu., jo.,chu.) (M) (K) Age-uke, gyaku-zuki (Z) Soto-uke, yoko-enpi, uraken (M) (Z) Uchi-uke, kizami-zuki, gyaku-zuki
Kokutsu-dachi, shuto-uke kamae-te	(Z) Shuto-uke (K) Shuto-uke (Y)	(K) Shuto-uke (Y)	(K) Shuto-uke (Y)	(K)Shuto-uke, nukite (Y)
Zenkutsu-dachi, kamae-te	Mae-geri (M) Mae-geri (M) (Y)	Mae-geri (M) Mae-geri (M) (Y)	Mae-geri (M) Mawashi-geri (M) (Y)	Mae-geri, ren-geri(chu., jo.) (M) Mawashi-geri (M) (Y)
Kiba-dachi, gedan-barai kamae-te	Keage (M) (3x) Keage (M) (Y) (3x)	Keage (M) (3x) Keage (M) (Y) (3x)	Keage (M) (3x) Keage (M) (3x) Kekomi (M) (3x) Kekomi (M) (Y) (3x)	Keage (M) (3x) Keage (M) (3x) Kekomi (M) (3x) Kekomi (M) (Y) (3x)