

# GRADERINGSTRAPP I NKBF

	<b>Gult</b>	<b>Orange</b>	<b>Grønt I</b>	<b>Grønt II</b>	<b>Blått I</b>	<b>Blått II</b>	<b>Brunt I</b>	<b>Brunt II</b>	<b>Brunt III</b>	<b>Sort</b>
<b>Veiledende varighet</b>	1.00-1.15 t.	1.15-1.30 t.	1.30-1.45 t.	1.30-1.45 t.	1.45-2.15 t.	1.45-2.30 t.	2.30-3.00 t.	2.30-3.00 t.	2.45-3.15 t.	3.30 - 3.45 t.
<b>Basic intro</b>	5 reps	5 reps	5 reps	5 reps	5 reps	10 reps	10 reps	10 reps	10 reps	10 reps
<b>Skyggeboksing</b>	4x1.30 min	4x1.30 min	4x2 min	4x2 min	4x2 min	4x2 min	4x2.30 min	4x2.30 min	4x2.30 min	4x2.30 min
<b>Musical Forms</b>							min 30 sek	min 30 sek	min 30 sek	min 30 sek
<b>Sparring 2 min runder To motstandere</b>			1semi+1full	1semi+1full	2semi+2full	2semi+2full	3semi+3full	4semi+4full	4semi+4full	4semi+4full 2x15 sek
<b>Teknikk mot partner</b>			blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	finte sidestep slide blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	finte sidestep slide blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	2 selvalgte kroppsvending pass/diag gang doble angrep finte sidestep slide blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	2 selvalgte kroppsvending pass/diag gang doble angrep finte sidestep slide blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	3 selvalgte kroppsvending pass/diag gang doble angrep finte sidestep slide blokk/parade pushkick rulle dukke steg off/defensiv 10 reps	3 selvalgte kroppsvending pass/diag gang doble angrep finte sidestep slide blokk/parade pushkick rulle dukke steg off/defensiv 10 reps
<b>Avanserte beinteknikker Selvalgte mot partner</b>			turnkick 10 reps 2x30 sek	turnkick hoppspark turnkick 10 reps 2x30 sek	feiging hook-kick øksespark doble spark hoppspark turnkick 10 reps 2x30 sek	feiging hook-kick øksespark doble spark hoppspark turnkick 10 reps 2x30 sek	spinkick spin hook-kick feiging hook-kick øksespark doble spark hoppspark turnkick 10 reps 3x30 sek	spinkick spin hook-kick feiging hook-kick øksespark doble spark hoppspark turnkick 10 reps 3x30 sek	triple spark spinkick spin hook-kick feiging hook-kick øksespark doble spark hoppspark turnkick 10 reps 3x30 sek	triple spark spinkick spin hook-kick feiging hook-kick øksespark doble spark hoppspark turnkick 10 reps 3x30 sek
<b>Sparkepute</b>	sidespark rundspark frontspark 10 reps	sidespark rundspark frontspark 10 reps	turnkick sidespark rundspark frontspark 10 reps	turnkick sidespark rundspark frontspark 10 reps	turnkick sidespark rundspark frontspark 10 reps	turnkick sidespark rundspark frontspark 10 reps	hopp-turnkick turnkick sidespark rundspark frontspark 10 reps	hopp-turnkick turnkick sidespark rundspark frontspark 10 reps	hopp-turnkick turnkick sidespark rundspark frontspark 10 reps	hopp-turnkick turnkick sidespark rundspark frontspark 10 reps
<b>Sekk Armer/bein Armer</b>					2x1 min 2x1 min	2x1 min 2x1 min	2x2 min 2x2 min	2x2 min 2x2 min	2x2 min 2x2 min	3x2 min 2x3 min
<b>Teknikk over gulv</b>			2x15 sek	2x15 sek	3x15 sek	3x15 sek	3x15 sek	3x15 sek	3x15sek	3x15 sek
<b>Basic Sparkhøyde</b>	20 reps hofte	20 reps mage	20 reps overkropp	20 reps overkropp	25 reps hode	25 reps hode	25 reps hode	25 reps hode	25 reps hode	25 reps hode
<b>Basic omv. kampstill</b>	15 reps	15 reps	15 reps	15 reps	20 reps	20 reps	20 reps	20 reps	20 reps	20 reps
<b>Kombinasjoner</b>	på stedet offensiv 20 reps	på stedet offensiv 20 reps	pushkick rulle dukke steg off/defensiv 20 reps	pushkick rulle dukke steg off/defensiv 20 reps	finte sidestep slide pushkick rulle dukke steg off/defensiv 25 reps	finte sidestep slide pushkick rulle dukke steg off/defensiv 25 reps	kroppsvending pass/diag avans spark doble angrep finte sidestep slide pushkick rulle dukke steg off/defensiv 25 reps	kroppsvending pass/diag avans spark doble angrep finte sidestep slide pushkick rulle dukke steg off/defensiv 25 reps	kroppsvending pass/diag avans spark doble angrep finte sidestep slide pushkick rulle dukke steg off/defensiv 25 reps	kroppsvending pass/diag avans spark doble angrep finte sidestep slide pushkick rulle dukke steg off/defensiv 25 reps
<b>Styrke</b>										
<b>Spensthopp</b>	25	30	30	35	35	40	40	40	45	50
<b>Sit-ups</b>	25	30	30	35	35	35	40	40	45	50
<b>Albue kne</b>	25	30	30	35	35	35	40	40	45	50
<b>Rygghev</b>	25	25	30	30	35	35	40	40	45	50
<b>Push-ups</b>	25	25	30	30	35	35	35	40	45	50
<b>Armer ut</b>	3 min	3 min	3 min	3 min	4 min	4 min	4 min	4 min	4 min	5 min

Merknad: Ved utførelse av øksespark/hook-kick/spin hook-kick, skal det treffes med tåball/fotsåle.