



9th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai (Groin Block) in Zenkutsu Dachi (Front Stance):

1. Chudan Oi Tsuki (Stomach Lunge Punch) x 5 Forward Steps
2. Jodan Age Uke (Head Rising Block) x 5 Backward Steps
3. Chudan Soto Uke (Stomach Outside Block) x 5 Forward Steps
4. Gedan Barai x 5 Backward Steps

From Kakiwake (Arms to the side) in Zenkutsu Dachi:

5. Chudan Mae Geri (Front Kick) x 5 Forward Steps

From Shuto Uke (Knife Hand Block) in Kokutsu Dachi (Back Stance)

6. Shuto Uke x 5 Backward Steps

Minimum Requirements

2 months, 16 lessons & 7yrs of age.

The Examiners

Examiners look predominantly for correct basic form.

Kata

Heian Shodan
(Performed to the count)

Kumite

Gohon Kumite (Basic 5 Step)
(Jodan Oi Tsuki, Chudan Oi Tsuki)