

10th Kyu Orange Belt

Minimum 3 months consistent training to qualify

GENERAL KNOWLEDGE

Basic understanding of the Dojo etiquette

FITNESS

Palm push-ups 20

Crunches 30

Squats 60

KIHON (Basic)

TACHIKATA (Stances)

Heissoku Dachi / Musubi Dachi / Heiko Dachi / Zenkutsu Dachi

UKE-WAZA (Blocks)

Seiken Jodan Age Uke / Seiken Gedan Barai

TZUKI & UCHI WAZA (Thrusts & Strikes)

Seiken Oi Tsuki / Seiken Gyaku Tsuki

KERI WAZA (Kicks)

Hiza Geri / Kin Geri/ Chudan Mae Geri

IDO GEIKO (Moving Basics)

All required Truists, Strikes, and Kicks in Zenkutsu Dachi

KATA

Taikyoku Sono Ichi

SANBON KUMITE (Three step sparring)

1) Attack: Zenkutsu Dachi, Seiken Oi Jodan Tsuki

Defence: Zenkutsu Dachi, Seiken Jodan Age Uke

Counter attack: Seiken Oi Jodan Tsuki

2) Attack: Zenkutsu Dachi, Seiken Oi Chudan Tsuki

Defence: Zenkutsu Dachi, Seiken Shoto Uke

Counter attack: Seiken Oi Chudan Tsuki

3) Attack: Zenkutsu Dachi, Seiken Oi Gedan Tsuki

Defence: Zenkutsu Dachi, Seiken Gedan Bari

Counter attack: Seiken Gedan Tsuki