

9th Kyu Orange Belt with Blue Stripe

Minimum 6 months consistent training to qualify

GENERAL KNOWLEDGE

Basic understanding of the Dojo etiquette

FITNESS

Knuckle push-ups 30

Crunches 30

Squats 60

KIHON(Basic)

TACHIKATA (Stances)

Uchi Hachiji Dachi / Zenkutsu Dachi / Kiba Dachi

UKE-WAZA (Blocks)

Seiken Chudan Uchi Uke / Seiken Chudan Soto Uke / Chudan Uchi Uke & Gedan Barai

TZUKI & UCHI WAZA (Thrust s & Strikes)

Uraken Gammen Uchi / Uraken Sayu Uchi / Uraken Hizo Uchi / Uraken Mawashi Uchi / Seiken Ago Uchi

KERI WAZA (Kicks)

Uchi Mawashi Geri/Shoto Mawashi Geri/ Yoko Geri Chudan

IDO GEIKO (Moving Basics)

All required Trusts, Strikes, and Kicks in Zenkutsu Dachi

RENRAKU

From Zenkutsu Dachi: Jodan Uke, Seiken Oi Jodan Tsuki / Shoto Uke, Seiken Chudan Oi Tsuki
Hiza Geri, Chudan Mae Geri

KATA

Taikyoku Sono Ni / Taikyoku Sono San

SANBON KUMITE (Three step sparring)

1) Attack: Zenkitzu Dachi, Seiken Oi Chudan Tsuki

Defence: Kiba Dachi, Seiken Chudan Shoto Uke

Counter attack: Uraken Sayu Uchi or Yoko Geri Chudan

KUMITE: 1-2 Rounds