



Katy Dojo LLC

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10. & 9.KYU White & White/Yellow Stripe TEST

Waiting Times: Children: 6-9months, Adults: 3-4 months, requirement for all minimum 2x per week training.

I.Kihon: Each 5 times

1) Choku Zuki	Chudan	SHIZENTAI (Yoye)
2) Choku Zuki	Jodan	SHIZENTAI (Yoye)
3) Oi – Zuki	Chudan	Zenkutsu-Dachi
4) Oi – Zuki	Jodan	Zenkutsu-Dachi
5) Age – Uke	Jodan	Zenkutsu-Dachi
6) Soto – Uke	Chodan	Zenkutsu-Dachi
7) Gedan Barai	Gedan	Zenkutsu-Dachi
8) Nagashi – Uke	Gedan	Zenkutsu-Dachi
9) Mai- Gari (*)	Chodan	Zenkutsu-Dachi

II.Kumite (GOHON KUMITE I): Each 5 times

Five step Sparring

1) Jodan Oi-Zuki	Age – Uke / Gyaku Zuki
2) Chudan Oi-Zuki	Soto – Uke / Gyaku Zuki

III. Kata:

Taikyoku Shodan