



## **Katy Dojo LLC**

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# **1/2 .DAN & 1.DAN, BLACK/WHITE & BLACK BELT TEST**

**ZK:** Zenkutsu-Dachi

**KK:** Kokutsu-Dachi

**KB:** Kiba-Dachi

<p><sup>1st</sup> DAN</p>	<p><u>Zen-kutsu Dachi - Gedan Barai</u>            1) Sanbon-zuki (jodan -chudan-chudan)            2) Sanbon-gyaku zuki (chudan-jodan-chudan)            3)Jodan Age Uke - Gedan Barai -Gyaku Zuki            4) Soto Ude Uke - Empi - Uraken - Gyaku zuki            5) Uchi Ude Uke - kizami zuki - MaeGeri-gyaku zuki            6) Mae Geri - Mawashi geri - Gyaku zuki - gedan barai            7) Mae Geri - Yoko geri - Gyaku zuki - gedan barai            8) Ushiro-Geri            9) Sanbon Geri  <u>Ko-kutsu Dachi Kamae</u>            10) Shuto Uke - Kizami geri - nukite  <u>Kiba Dachi:</u>            11)Yoko Keage - Yoko Kekomi (switch legs)</p>	<p>Candidates choice from:             1)Bassai Dai            2)Kanku Dai            3)Jion            4)Empi            5)Jitte             Plus examiners choice from Heian / Tekki</p>	<p>Jiyu Ippon Kumite (Semi-free 1-step) Both left and right side             2 x Jodan            2 x Chudan            2 x Mae Geri            2 x Yoko Geri            2 x Mawashi Geri            2 x Ushiro Geri            2 x Kizami Zuki            2 x Gyaku Zuki             Jiyu Kumite (Free Fighting)   <u>Kime waza:</u> Gyaku zuki</p>
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### **Additional Requirements:**

#### **1/2. Dan:**

- A) General Karate-Do History (Essay in best hand writing!)
- B) Karate-Do teaching ability, to teach a beginner class. (One hour lesson plan)

#### **1st Dan:**

- C) Ability to Judge Beginners Kata/ Kumite at a Karate-Do Tournament.
- D) Ability to Grading/ test white to Yellow belt students (10.Kyu- 8.Kyu).