



Katy Dojo LLC

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1. KYU/ BROWN BELT TEST

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

ZK: Zenkutsu-Dachi **KK:** Kokutsu-Dachi **KB:** Kiba-Dachi

I. KIHON

Each 5 times

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|--|------------------------|----------|-----------|
| 1) Sanbon Zuki | (Jodan/Chudan/Chudan) | Forward | ZK |
| 2) Mae-Geri /Jun-Zuki | (Chudan/Jodan) | Forward | ZK/ZK |
| 3) Gyaku-Zuki/Mae-Geri/Jun-Zuki | (Chudan/Chudan/Jodan) | Forward | ZK/KB |
| 4) Age - Uke/Gedan Bari/ Gyaku-Zuki | (Jodan/Chudan) | Backward | ZK/ZK |
| 5) Uchi-Uke/ Jodan Kizami Zuki/Gyaku-Zuki | (Chudan/ Jodan/Chudan) | Backward | ZK/ZK/ZK |
| 6) Soto-Uke/Yoko-Empi-Uchi/ Uraken/Gyaku-Zuki | (Chudan/ Jodan) | Backward | ZK/KB |
| 7) Shoto - Uke/ Kizami-Mae-Geri/ Nukite | (Chudan/Chudan/Chudan) | Backward | KK/KB/ZK |
| 8) Mawashi -Geri/Gyaku-Zuki | (Jodan/Chudan) | Forward | ZK |
| 9) KizamiYoko-Geri/Ushiro-Geri | (Chudan-Chudan) | Forward | ZK |
| 10) Ren-Gari(Mae-Geri/ step/ Mawashi-Geri) | (Chudan-Jodan) | Forward | ZK |
| 11) Yoko - Geri <u>Keage & Kekomi</u> | (Jodan/Chudan) | Forward | KB |
| 12) Sanban-Geri: Mae-Geri/Yoko-Geri Keage/Mawashi-Geri | (Chudan/Jodan/Judan) | | ZK |

II. KUMITE: (JIYO- IPPON KUMITE)

Each 2 time

Attack: (ZK, left & right)

Defense: (From SHIZENTAI) SABAKI: Free (open)

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|------------------------------|---|
| A) Jodan Oi-Zuki | Choose two out of four set defenses. |
| B) Chudan Oi-Zuki | Choose two out of four set defenses. |
| C) Chudan Mae-Geri | Choose two out of four set defenses. |
| D) Chudan Yoko-Geri (Kekomi) | Choose two out of three set defenses. - |
| E) Mawashi-Geri Jodan | Choose two out of three set defenses. |
| F) Ushiro-Geri | Choose two out of three set defenses. |
| G) Kizami-Zuki | Choose two out of three set defenses. |
| H) Gyaku-Zuki | Choose two out of three set defenses. |

III. KATA

- A) Choose: Bassai-dai, Kanku-dai, Jion, Enpi, Jitte.**
- B) One of the Heian Kata (as chosen by examiner)**