



Katy Dojo LLC

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2. 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

1) Oi - Zuki	(Jodan)	Forward	ZK
2) Sanbon Zuki	(Jodan/Chudan/Chudan)	Forward	ZK
3) Mae-Geri /Jun-Zuki	(Chudan/Jodan)	Forward	ZK/ZK
4) Gyaku-Zuki/Mae-Geri/Jun-Zuki	(Chudan/Chudan/Jodan)	Forward	ZK/KB
5) Mawashi –Geri/Gyaku-Zuki	(Jodan/Chudan)	Forward	ZK
6) KizamiYoko-Geri/Ushiro-Geri	(Chudan/Chudan)	Forward	ZK
7) Ren-Gari(Mae-Geri/ step/ Mawashi-Geri)	(Chudan-Jodan)	Forward	ZK
8) Yoko - Geri <u>Keage</u>	(Jodan)	Forward	KB
9) Yoko - Geri <u>Kekomi</u>	(Chudan)	Forward	KB
10) Nidan-Geri: Mae-Geri/Yoko-Geri Keage		Chudan/Jodan	ZK

II. KUMITE: (JIYO- IPPON KUMITE)

Each 2 time

Attack: (ZK, left & right)

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

A) Jodan Oi-Zuki	1) Tate-shoto/Gyaku-Zuki2) Age-Uke/Mawashi Geri/Gyaku-Zuki
B) Chudan Oi-Zuki	1) Soto-Uke/Gyaku-Zuki2) Gyaku-Shoto-uchi/Uraken.
C) Chudan Mae-Geri	1) Gedan-Bari/Gyaku-Zuki2) Gerdan-Bari/Kizami-Zuki jodan.
D) Chudan Yoko-Geri (Kekomi)	1) soto-Uke/Gyaku-Zuki2) Juju-Uke/Kizami-Zuki.
E) Mawashi-Geri Jodan	1) Uchi-Uke(90)/Gyaku-Zuki2) kizami-Judan/Shoto-uchi
F) Ushiro-Geri	1) Gyku-Gedan-Bari/Kizami-Zuki2) Nagashi-Uki/Ushiro-Geri
G) Kizami-Zuki	1) Gyku-Uraken/Gyaku-Zuki2) Yama-Zuki.
H) Gyaku-Zuki	1) Kizami-Zuki/Gyaku-Zuki2) GedanBari/Uraken.

III. KATA

(Third Stripe)

A) Bassai-Dai

B) One of the Heian Kata (as chosen by examiner)