



Katy Dojo LLC

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3 1/2. & 3.KYU Brown/White & 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) Sanbon Zuki	(Jodan/Chudan/Chudan)	Forward	ZK
2) Sanbon Gyaku -Zuki	(Chudan/Jodan/Chudan)	Forward	ZK
3) Age - Uke/ Gyaku-Zuki	(Jodan/Chudan)	Backward	ZK/ZK
4) Soto-Uke/Yoko-Empi-Uchi/ Uraken	(Chudan/Chudan/Jodan)	Backward	ZK/KB
5) Uchi-Uke/ Jodan Kizami Zuki/Gyaku-Zuki	(Chudan/ Jodan/Chudan)	Backward	ZK/ZK/ZK
6) Shoto - Uke/ Kizami-Mae-Geri/ Nukite	(Chudan/Chudan/Chudan)	Backward	KK/KK/ZK
7) Mae – Geri/Jun Zuki	(Chudan/Chudan)	Forward	ZK
8) Mawashi –Geri/Gyaku-Zuki	(Jodan/Chudan)	Forward	ZK
9) Ren-Gari(Mae-Geri/ step/ Mawashi-Geri)	(Chudan-Jodan)	Forward	ZK
10) Ushiro-Geri	(Chudan)	Forward	ZK
11) Yoko-Geri <u>Keage</u> /Yoko-Geri <u>Kekomi</u>	(Jodan/Chudan)	Forward	KB

II. KUMITE: (JIYU- IPPON KUMITE)

Each 2 time

Attack: (ZK, left for only)

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

A) Tekki-Shodan

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