



Katy Dojo LLC

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5 1/2. & 5.KYU Blue/White & Blue 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/Tate Uraken	(Chudan/Chudan/Jodan)	Backward	ZK/KB
5) Uchi-Uke/ Jodan Kizami Zuki/Gyaku-Zuki	(Chudan/ Jodan/Chudan)	Forward	ZK/ZK/ZK
6) Shoto - Uke/ Kizami-Mae-Geri/ Nukite	(Chudan/Chudan/Chudan)	Forward	KK/KB/ZK
7) Mae - Geri	(Jodan)	Forward	ZK
8) Mawashi -Geri	(Jodan)	Forward	ZK
9) Yoko - Geri <u>Keage</u>	(Jodan)	Forward	KB
10) Yoko - Geri <u>Kekomi</u>	(Chudan)	Forward	KB

II. KUMITE: (KIHON- IPPON KUMITE)

Each 2 time

Attack: (ZK, left for, only)

Defense: (From SHIZENTAI) SABAKI: 1x Left, 1x Right

A) Jodan Oi-Zuki	1)Age-Uke /Gyaku –Zuki, 2) Tate Shoto / Shoto -Uchi
B) Chudan Oi-Zuki	1)Soto-Uke /Gyaku- Zuki, 2)Soto-Uke/Yoko-Empi-Uchi
C) Chudan Mae-Geri	1) Gedan-Barai/Gyaku-Zuki 2) Gyaku Gedan-Barai /Kizami Zuki & Gyaku-Zuki
D) Chudan Yoko-Geri (Kekomi)	1) Soko-Uke / Gyaku-Zuki 2) Nagashi-Uke / Hito
E) Jodan Mawashi-Geri	1) Uchi-Uke Jodan/Gyaku-Zuki, 2) Ude-Uke Jodan/Empi-Uchi

III. KATA

HEIAN-YONDAN