



Katy Dojo LLC

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6 1/2. & 6. KYU Green/White & Green 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	(Chudan)	Forward	ZK
2) Age - Uke/ Gyaku-Zuki	(Jodan/Chudan)	Forward	ZK/ZK
3) Soto - Uke/ Yoko-Empi-Uchi	(Chudan/Chudan)	Forward	ZK/ KB
4) Uchi - Uke/ Gyaku-Zuki	(Chudan/Chudan)	Forward	ZK/ZK
5) Shoto - Uke/ Kizami-Mae-Geri	(Chudan/Chudan)	Forward	KK/KK
6) Mae - Geri	(Chudan)	Forward	ZK
7) Mawashi -Geri	(Chudan & Jodan)	Forward	ZK
8) Yoko - Geri <u>Keage</u>	(Jodan)	Forward	KB
9) Yoko - Geri <u>Kekomi</u>	(Chudan)	Forward	KB

II. KUMITE: (SANBAN KUMITE) Three step sparring

Attack: (left/right for) sequence 1 & 2

Defense: (Right/ left back)

1) Jodan Oi-Zuki

Age-Uke (1) + (2)

2) Chudan Oi-Zuki

Soto-Uke (1) /Uchi-Uke (2)

3) Mae – Geri (Chudan)

Nagashi-Uke(1)/Gyaku Gedan Barai(2), Gyaku Zuki

III. KATA (Third Stripe)

HEIAN- SANDAN