



Katy Dojo LLC

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7 1/2 . & 7. KYU Orange/White & Orange 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) Gyuku - Zuki	(Chudan)	Forward	ZK
3) Age - Uke	(Jodan)	Forward	ZK
4) Soto - Uke	(Chudan)	Forward	ZK
5) Uchi - Uke	(Chudan)	Forward	ZK
6) Shoto - Uke	(Chudan)	Forward	KK
7) Mae - Geri	(Chudan)	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 for) sequence 1& 2

Defense: (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

Heian Nidan