



Katy Dojo LLC

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8 1/2. & 8. KYU Yellow/White & Yellow 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) Gedan Barai	(Gedan)	Forward	ZK
6) Nagashi- Uke	(Gedan)	Forward	ZK
7) Shoto - Uke	(Chudan)	Forward	KK
8) Mae - Geri	(Chudan)	Forward	ZK
9) Yoko - Geri Kekomi	(Chudan)	Forward	KB

II. KUMITE: (GOHON KUMITE II) **Each 5 times**

Five Step Sparring

Attack: (left for)

Defense: (left back)

1) Jodan Oi-Zuki

Age-Uke, by 5th time Gyaku Zuki

2) Chudan Oi-Zuki

Soto-Uke, by 5th time Gyaku Zuki

3) Mae – Geri (Chudan)

Nagashi –Uke, by 5x Gyaku Zuki

III. KATA

Heian Shodan