



## **Katy Dojo LLC**

**Sensei Siamak Tavakoli**

Phone: 281-795-2959 E-Mail: KatyDojo@gmail.com

### **8A KYU Yellow/Black Belt Test**

Waiting Times: Children: 3-4months, 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/Gyuku-Zuki	Jodan/Chudan	Backward	ZK
2) Age-Uke/ Gyuku-Zuki	Jodan/Chudan	Backward	ZK
3) Uchi-Uke/ Gyuku-Zuki	Chudan	Backward	ZK
4) Shoto-Uke/ Gyuku-Zuki	Chudan	Backward	KK/ZK
5) Yoko-Gari(Kage)	Judan	Forward	KB
6) Yoko-Gari(Kakomi)	Chudan	Forward	KB
7) Mawashi-Gari	Jodan	Forward	ZK
8) Mika-Zuki-Gari/Empi	Chudan	Forward	KB

#### II. KUMITE: (SANBAN KUMITE IV) 100%

Three step sparring

Attack: (**Right/Left** for) sequence 1& 2

Defense: (Left/Right 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

100%