



Katy Dojo LLC

Sensei Siamak Tavakoli

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

8B KYU Yellow 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	Forward	ZK
2) Age-Uke/ Gyuku-Zuki	Jodan/Chudan	Forward	ZK
3) Uchi-Uke/ Gyuku-Zuki	Chudan	Forward	ZK
4) Shoto-Uke/ Nukite	Chudan	Forward	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	Chudan	Forward	(Yoye)

II. KUMITE: (SANBAN KUMITE III) 100%

Three step sparring

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

Defense: (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

50%