



Katy Dojo LLC

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8 C KYU Yellow/White 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) Uraken-Uchi/ Gyoku-Zuki	Jodan/Chudan	Forward	ZK
2) Empi- Uchi	Chudan	Forward	KB
3) Yako-Age-Uke	Chudan	Backward	ZK
4) Yako-Uchi-Uke	Chudan	Backward	ZK
5) Shoto-Uke/ Gyoku-Zuki	Chudan	Forward	KK/ZK
6) Yoko-Gari(Kage)	Judan	Forward	KB
7) Yoko-Gari(Kakomi)	Chudan	Forward	KB
8) Mawashi-Gari	Chudan	Forward	ZK
9) Yoko-Gari(Kage)	Judan	Backward	(Yoye)

II. KUMITE: (SANBAN KUMITE II) 50% 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

25%