



Katy Dojo LLC

Sensei Siamak Tavakoli

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

9A.KYU White/Black Test

Waiting Times: Children: 2-3months, 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	Jodan	Forward	ZK
2) Empi- Uchi	Chudan	Forward	KB
3) Yako-Age-Uke	Chudan	Forward	ZK
4) Yako-Uchi-Uke	Chudan	Forward	ZK
5) Shoto-Uke	Chudan	Backward	KK
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 I) 25% 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 Shodan

100%