



Katy Dojo LLC

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9B.KYU White/Brown 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	SHIZENTAI (Yoye)
2) Empi- Uchi	Chudan	Forward	SHIZENTAI (Yoye)
3) Yako-Age-Uke	Chudan	Forward	SHIZENTAI (Yoye)
4) Uchi-Uke	Chudan	Backward	ZK
5) Shoto-Uke	Chudan	Forward	KK
6) Yoko-Gari(Kage)	Judan	Forward	KB
7) Yoko-Gari(Kakomi)	Chudan	Forward	KB
8) Mawashi-Gari	Chudan	Forward	ZK

II. Kumite (GOHON KUMITE III): 100% Each 5 times

Five step Sparring

Attack: (left for)

- 1) Jodan Oi-Zuki (forward)
- 2) Chudan Oi-Zuki (forward)
- 3) Mai-Gari (forward)

Defense: (left back)

- Age – Uke / Gyaku Zuki (Backward)
Soto – Uke / Gyaku Zuki (Backward)
Nagashi-Uke/GyakuZuki (Backward)

III. Kata:

Heian Shodan

50%