



Katy Dojo LLC

Sensei Siamak Tavakoli

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

9C.KYU White/Purple 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) Oi – Zuki	Jodan	Forward	ZK
2) Gyuku- Zuki	Jodan	Forward	ZK
3) Uchi-Uke	Chudan	Forward	ZK
4) Nagashi – Uke	Gedan	Backward	ZK
5) Mai- Gari (*)	Judan	Forward	ZK
6) Yoko-Gari	Chudan	Forward	KB
7) Yako-Gedan-Barai	Chudan	SHIZENTAI (Yoye)	
8) Shoto-Uke	Chudan	SHIZENTAI (Yoye)	
9) Mawashi-Gari	Chudan	SHIZENTAI (Yoye)	

II. Kumite (GOHON KUMITE II): 50%

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

25%