



Katy Dojo LLC

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9D.KYU White/Blue Test

Waiting Times: Children: 2-3months, requirement for all minimum 2x per week training.

I. Kihon: Each 5 times

1) Oi – Zuki	Chudan	Forward	Zenkutsu-Dachi
2) Gyuku- Zuki	Chudan	Forward	Zenkutsu-Dachi
3) Gedan Barai	Gedan	Backward	Zenkutsu-Dachi
4) Soto – Uke	Chudan	Backward	Zenkutsu-Dachi
5) Age – Uke	Jodan	Backward	Zenkutsu-Dachi
6) Nagashi – Uke	Gedan	Forward	Zenkutsu-Dachi
7) Mai- Gari (*)	Judan	Forward	Zenkutsu-Dachi
8) Yoko-Gari	Chudan	Forward	SHIZENTAI (Yoye)
9) Uchi-Uke	Chudan	Forward	SHIZENTAI (Yoye)

II.Kumite (GOHON KUMITE I): 25% Each 5 times

Five step Sparring

1) Jodan Oi-Zuki (forward)	Age – Uke / Gyaku Zuki(Backward)
2) Chudan Oi-Zuki (forward)	Soto – Uke / Gyaku Zuki(Backward)
3) Mai-Gari (forward)	Nagashi-Uke/GyakuZuki (Backward)

III. Kata:

Taikyoku Shodan

100%