



Katy Dojo LLC

Sensei Siamak Tavakoli

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

9 E.KYU White/Green Test

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

I.Kihon: **Each 5 times**

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

II.Kumite (III): **Each 5 times**

1) Chudan Oi-Zuki (forward)	Gedan-Barai/GyakuZuki (Backward)
2) Chudan Oi-Zuki(forward)	Soto – Uke / Gyaku Zuki(Backward)
3) Jodan Oi-Zuki (forward)	Age – Uke / Gyaku Zuki(Backward)

III. Kata:

Taikyoku Shodan

75%