



Katy Dojo LLC

Sensei Siamak Tavakoli

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

9F.KYU White/Orange Test

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

I. Kihon: Each 5 times

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

II.Kumite (II): Each 5 times

1) Chudan Oi-Zuki	in Stand	Gedan-Barai/Gyaku Zuki
2) Chudean Oi-Zuki	in Stand	Soto – Uke /Gyaku Zuki

III. Kata:

Taikyoku Shodan

50%