



Katy Dojo LLC

Sensei Siamak Tavakoli

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

9G.KYU White/Yellow Test

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

I.Kihon: Each 5 times

1) Choku Zuki	Chudan	Stand	SHIZENTAI (Yoye)
2) Choku Zuki	Jodan	Stand	SHIZENTAI (Yoye)
3) Oi – Zuki	Chudan	Forward	SHIZENTAI (Yoye)
4) Oi – Zuki	Jodan	Forward	SHIZENTAI (Yoye)
5) Gedan Barai	Gedan	Forward	SHIZENTAI (Yoye)
6) Soto – Uke	Chudan	Forward	SHIZENTAI (Yoye)
7) Age – Uke	Jodan	Forward	SHIZENTAI (Yoye)
8) Hiza- Gari (*)	Chudan	Forward	SHIZENTAI (Yoye)

II. Kumite I Each 5 times

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

III. Kata:

Taikyoku Shodan

25%