

9th KYU

Kata:

Taikyoku 1

Taikyoku 2

Stances:

1. Kiba Dachi (Square Horse Stance)
2. Right Kiba Dachi (Right Horse Stance)
3. Left Kiba Dachi (Left Horse Stance)
4. Left Zenkutsu Dachi (Front Stance)
5. Right Zenkutsu Dachi (Front Stance)

Kicks:

1. Mae Geri (Front Kick)
2. Mae Geri Kekomi (Front Thrust Kick)
3. Mawashi Geri (Roundhouse)
4. Mika Tsuki Geri (Inward Crescent Kick)
5. Soto Mika Tsuki Geri (Outward Crescent Kick)

Blocks: Seiken

1. Gia Soto Uke (Inward)
2. Uchi Uke (Outward)
3. Gedan Barai (Downward)
4. Jodan Uke (Upward)

Hand Forms: Seiken

1. Uraken (Back Knuckle)
2. Chudan Tsuki (Center Punch)
3. Jodan Tsuki (High Punch)
4. Gedan Tsuki (Downward Punch)