



Testing Requirements to Obtain 9th Kyu (Yellow Belt)

I. **Kata:** Heian Shodan (Kata No.1)

(Note: Student must complete first half of Heian Shodan unassisted)

II. **Kihon: (Basic Techniques)**

1. Stomach Level Lunge Punch
2. Face Level Rising Block
3. Stomach Level Outside Forearm Block
4. Stomach Level Knife Hand Block
5. Stomach Level Front Kick
6. Stomach Level Side Thrust kick

Note 1: Each sequence to be performed three times

Note 2: Kiaii - show spirit verbally, and Counter Attack on last technique of each sequence)

III. **Kumite - Gohon Kumite – Front Stance (5 Step Basic Sparring)**

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Face Level Rising Block
2. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Outside Forearm Block

Note 1: Kiaii - show spirit verbally, and Counter Attack on last technique of each sequence)

Requested Grading Preparation: Following is a training schedule that the student should follow to be better prepared for the grading:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kata 10 Times	Kata 10 Times	Kata 10 Times	Kata 10 Times	Kata 10 Times	Kata 10 Times	Kata 10 Times
Karate Class	Kihon 3 Times	Karate Class	Kihon 3 Times	Kihon 3 Times	Kihon 3 Times	Kihon 3 Times