



Testing Requirements to Obtain 9th Kyu (Yellow Belt)

I. Kata: Heian Shodan (**students grading for yellow stripe are only required to complete kata to the 3rd upper rising block**)

II. Kihon: Note: (Each sequence to be performed three times)

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

1. Stepping Forward: Zenkutso-dachi – Chudan Oizuki
2. Stepping Backward: Zenkutso-dachi – Jodan Ageuke
3. Stepping Forward: Zenkutso-dachi – Chudan Soto Udeuke
4. Stepping Backward: Kokutsu-dachi – Chudan Shutouke
5. Stepping Forward: Zenkutso-dachi – Chudan Maegeri
6. Left & Right Side: Kiba-dachi – Chudan Yoko Kekomi

III. Kumite - Gohon Kumite - Zenkutso-dachi

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

1. Attack Side: Stepping Forward: Jodan Oizuki
Block Side: Stepping Backward: Jodan Ageuke
2. Attack Side: Stepping Forward: Chudan Oizuki
Block Side: Stepping Backward: Chudan Soto Udeuke



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. Stepping Forward: Front Stance – Stomach Level Lunge Punch
2. Stepping Backward: Front Stance – Face Level Rising Block
3. Stepping Forward: Front Stance - Stomach Level Outside Forearm Block
4. Stepping Backward: Back Stance - Stomach Level Knife Hand Block
5. Stepping Forward: Front Stance - Stomach Level Front Kick
6. Left & Right Side: Straddle Leg Stance - 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)