

10th KYU

(White Belt with a Black Stripe)

KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1	Hachiji Dachi	Choku Zuki	Hidari/Migi	10
2	Zenkutsu Dachi		Moving forward	5
3	Mawatte			
a)	Zenkutsu Dachi	Choku Zuki	Jodan	3
b)	Zenkutsu Dachi	Choku Zuki	Chudan	3
c)	Zenkutsu Dachi	Age Uke		3
d)	Zenkutsu Dachi	Uchi Uke		3
e)	Zenkutsu Dachi	Soto Uke		3
f)	Zenkutsu Dachi	Gedan Barai		3
g)	Heisoku Dachi	Mae Geri		4

KUMITE

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
4	Sanbon Kumite			
a)	Zenkutsu Dachi	Jodan Zuki – Age Uke	Jodan	3
b)	Zenkutsu Dachi	Chudan Zuki – Soto Uke	Chudan	3
c)	Zenkutsu Dachi	Chudan Zuki – Uchi Uke	Chudan	3
d)	Zenkutsu Dachi	Gedan Zuki --Gedan Barai	Gedan	3

ビルキルカラ

空手

道場