

# 9<sup>th</sup> KYU

(White Belt with two Black Stripes)

## KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1	Hachiji Dachi	Choku Zuki	Hidari/Migi	10
2	Zenkutsu Dachi	Gedan Barai		
a)		Oi Zuki	Jodan – Fwd/Back	3
b)		Oi Zuki	Chudan – Fwd/Back	3
c)		Age Uke	Fwd/Back	3
d)		Uchi Uke	Fwd/Back	3
e)		Soto Uke	Fwd/Back	3
f)		Gedan Barai	Fwd/Back	3
3	Heisoku Dachi			
a)		Mae Geri		4
b)		Yoko Geri Keage		4
c)		Mawashi Geri		4

## KUMITE

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

## KATA

- a) Taikyoku Shodan
- b) Taikyoku Nidan

ビルキルカラ  
空手  
道場