

10th KYU

(White Belt with a Black Stripe)

KIHON

Dachi

Awareness of the below terms and performance

- Heisoku Dachi
- Musubi Dachi
- Hachichi Dachi
- Yoi / Yame
- Seiza, Sensei ni rei, Otagoni rei, Kiritsu.
- Ni rei (*Musubi Dachi*)

Zenkutsu Dachi

- Moving forward and backwards 5 times

Hachiji Dachi

- Choku zuki Jodan, Chudan & Gedan 10 times
- Age uke 5 times
- Uchi Uke 5 times
- Soto Uke 5 times
- Gedan Barai 5 times

Heisoku Dachi (*standing*)

- Maegeri (hidari / migi) 2 / 2

KUMITE

(All performed in Heisoku Dachi – Yoi)

- Jodan Jodan Zuki – Age Uke 4 times
- Chudan Chudan Zuki – Soto Uke 4 times
- Gedan Gedan Zuki – Gedan Barai 4 times

PHYSICAL / ORAL EXERCISES

- Slalom
- Sprint
- Flat ladder step

The numbers **1 – 5** in Japanese (*Ichi, Ni, San, Shi, Go*), Words – **Hidari (left), Migi (right)**

ビル
キル
ル
カラ

空
手

道
場