

# 9<sup>th</sup> KYU

(White Belt with two Black Stripes)

## KIHON

### Zenkutsu Dachi / Gedan Barai

• Oi zuki Jodan	Forward	3 times
• Oi Zuki Chudan	F	3
• Oi Zuki Gedan	F	3
• Age uke	F	3
• Uchi Uke	F	3
• Soto Uke	F	3
• Gedan Barai	F	3
• Maegeri	F	4

### MAWATTE Gedan Barai

## KUMITE SANBON KUMITE *(moving)*

• Jodan	Jodan Zuki – Age Uke	3 times
• Chudan	Chudan Zuki – Soto Uke	3
• Gedan	Gedan Zuki – Gedan Barai	3

## KATA

- Taikyoku Shodan
- Taikyoku Nidan

## PHYSICAL / ORAL EXERCISES

- Slalom
- Sprint
- Flat ladder step
  
- The numbers 1 – 10 in Japanese

*(Ichi, Ni, San, Shi, Go, Roku,  
Shichi, Hachi, Ku, Ju)*

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