



# Physical Requirements

## Fighting Stances

### 9<sup>th</sup> and 8<sup>th</sup> Kyu

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| Kizami zuki (Jab)                                |
| Gyaku zuki (Reverse punch)                       |
| Kizami zuki to gyaku zuki (Jab to reverse punch) |

### 7<sup>th</sup> and 6<sup>th</sup> Kyu

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| Kizami zuki to step up mae geri keage (Jab to step up front snap kick) |
| Kizami zuki to step up mawashi geri (Jab to step up round kick)        |

### 5<sup>th</sup> and 4<sup>th</sup> Kyu

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| Oi zuki, kizami zuki to gyaku zuki (Lunge punch to jab to reverse punch)                                  |
| Kizami zuki to oi zuki to gyaku zuki (Jab to lunge punch to reverse punch)                                |
| Mae geri keage to oi zuki to gyaku zuki (Front snap kick to lunge punch to reverse punch)                 |
| Oi gyaku zuki to gyaku zuki to mae geri keage (Lunging reverse punch to reverse punch to front snap kick) |

### 3<sup>rd</sup> Kyu

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| Oi zuki, kizami zuki to step up mawashi geri to spinning ushiro geri (Lunge punch, jab to step up round kick to spinning back kick)  |
| Oi zuki, switch dachi, gyaku zuki to yoko geri kekomi to shuffle up ushiro geri (Lunge punch, switch stance, reverse punch to side thrust kick to shuffle up back kick)  |
| Mae geri keage to oi zuki, gyaku zuki to mawashi geri (Front snap kick to lunge punch, reverse punch to round kick)  |
| Oi gyaku zuki to gyaku zuki to mawashi geri to spinning ushiro geri (Lunging reverse punch to reverse punch to round kick to spinning back kick)   |
| Kizami zuki to step up mae geri keage, switch dachi, gyaku zuki to mae geri keage (Jab to step up front snap kick, switch stance, reverse punch to front snap kick)  |
| Kizami zuki to step up mawashi geri, switch dachi, gyaku zuki to yoko geri kekomi to spinning ushiro geri kekomi (Jab to step up round kick, switch stance, reverse punch to side thrust kick to spinning back kick) |

## 2<sup>nd</sup> and 1<sup>st</sup> Kyu

Step up mae geri keage to kizami zuki, step up mawashi geri to shuffle up ushiro geri (Step up front snap kick to jab, step up round kick to shuffle up back kick)

Kizami zuki, switch dachi, ni gyaku zuki to yoko geri kekomi to spinning uraken uchi to oi zuki (Jab, switch stance, reverse punch, reverse punch to side thrust kick to spinning back knuckle strike to lunge punch)

## Shodan

Oi zuki to step up mae geri keage, oi zuki to step up fake mae geri to mawashi geri (Lunge punch to step up front snap kick, lunge punch to step up fake front kick to round kick)

Oi zuki, switch dachi, gyaku zuki to uchi mikazuki geri to mae tobi geri (Lunge punch, switch stance, reverse punch to inside crescent kick to flying front kick)

Mae geri keage to oi gyaku zuki to haito uchi to mawashi geri to spinning ushiro geri, reverse form uchi uke to yoko geri kekomi (Front snap kick to lunging reverse punch to ridge hand strike to round kick to spinning back kick, reverse side inside block to side thrust kick)

Soto haito uchi, hiraken uchi to oi empi uchi to gyaku zuki, mawashi geri to spinning ushiro geri (Outside ridge hand strike, four-knuckle strike to lunging elbow strike to reverse punch, round kick to spinning back kick)

Switch dachi, fake mae geri to mawashi geri to empi uchi, step through uchi shuto uchi, empi zuki to mawashi geri to ushiro geri onaji ashi (Switch stance, fake front kick to round kick to elbow strike, step through inside open hand strike, empi punch to round kick to back kick, same leg)