



# Physical Requirements

9<sup>th</sup> Kyu, First Blue Belt

## KIHON (Basics)

### Stances (Dachi)

Zenkutsu dachi (Front stance)
Kokutsu dachi (Back stance)
Kiba dachi (Straddle stance)
Fudo dachi (Fighting stance)

### Blocks (Uke)

Gedan uke (Down block)
Mawate (Turning down block)
Jodan Age uke (Rising block)
Chudan soto ude uke (Outside block)
Chudan uchi ude uke (Inside block)
Shuto ude uke; kokutsu dachi (Knife hand block; back stance)

### Punches (Zuki)

Oi zuki (Lunge punch)
Gyaku zuki (Reverse punch)
Kizami zuki (Jab punch)

### Strikes (Uchi)

Tettsui uchi (Hammer strike)
Yoko empi uchi (Side elbow strike)

### Kicks (Geri)

Mae geri keage (Front snap kick)
Yoko geri keage (Side snap kick)
Yoko geri keage; kibandachi (Side snap kick; straddle stance)
Ushiro geri kekomi (Back thrust kick)

## **AWASE WAZA (Combined Techniques)**

### **Formal Stance Combinations**

Gedan uke to gyaku zuki (Down block to reverse punch)
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Mae geri keage to oi zuki (Front snap kick to lunge punch)
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Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
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Soto uke to yoko empi uchi (Outside block to side elbow strike)
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Shuto uke to mae geri keage (Knife hand block to front snap kick)
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### **Fighting Stance Combinations (Fudo Dachi)**

Kizami zuki (Jab)
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Gyaku zuki (Reverse punch)
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Kizami zuki to gyaku zuki (Jab to reverse punch)
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## **KATA (Forms)**

Heian Shodan (Peaceful Mind 1)
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## **KUMITE (Sparring)**

Gohon kumite (Five-step sparring)
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## **Contact Self-Defense Techniques**

Two techniques
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TEST FEE = \$15