



# Physical Requirements

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

## KIHON (Basics)

### Blocks & Punches

Oi zuki (Lunge punch)
Gyaku zuki (Reverse punch)
Gedan uke (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)

### Strikes

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

### Kicks

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)
Mae geri keage to oi zuki (Front snap kick to lunge punch)
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
Soto uke to yoko empi uchi (Outside block to side elbow strike)
Shuto uke to mae geri keage (Knife hand block to front snap kick)

### Fighting Stance Combinations (Fudo Dachi)

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

## **KATA (Forms)**

Heian Shodan (Peaceful Mind 1)

## **KUMITE (Sparring)**

### **Individual Sparring**

Gohon kumite (Five-step sparring)

### **Contact Self-Defense Techniques**

None

TEST FEE = \$15