



# Physical Requirements

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

### KIHON (Basics)

#### Stances (Dachi)

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

#### Blocks (Uke)

Gedan uke (Down block), Gedan barai (Stepping forward 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; zenkutsu dachi (Side snap kick; front stance)
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)
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## KUMITE (Partnered Technique)

### Sparring

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

Two techniques
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TEST FEE = \$15