



10th KYU - BLUE BELT

Commands during this examination will be given in English

BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Ready	Facing front
5	Gyaku Zuki (reverse punch)	Front	Left and right side
5	Oi Zuki (stepping punch)	Front	Forward turn and the same back
5	Age Uke (upper rising block)	Front	Forward and back
5	Gedan Barai (downward block)	Front	Forward and back
5	Mae Geri (front kick)	Front	Forward turn and the same back

KUMITE

Go Hon Kumite 5 attack sparring - Jodan (upper) level only to count

KATA

Taikyoku Shodan First half of the Kata only (8 steps) fast speed to count