



# 9<sup>th</sup> KYU - RED BELT

Commands during this examination will be given in English

## BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn and the same back
5	Age Uke (upper rising block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn and the same back
5	Yoko Geri Keage (side snap kick)	Kiba	Forward turn the same back

## KUMITE

**Go Hon Kumite**

**Jodan and Chudan**

Seniors no count

Juniors to count

## KATA

**Taikyoku Shodan**

Seniors - Full Kata no count

Juniors - to count