



9th Kyu – Red Belt Test.

Minimum 3 Months Training Required.

NAME	
CLUB	

STUDENTS MUST BE ABLE TO SHOW THE PANEL HOW TO.

	Perform A Kneeling Bow Correctly
	Perform A Standing Bow Correctly.
	Know How To Tie Their Belt Correctly.

KIHON WAZA – BASICS

	Tobikomizuki Jodan (<i>Jab Punch to the Head</i>)
	Junzuki Chudan (<i>Front Punch To The Body</i>)
	Maegeri Chudan (<i>Front Kick to the Body</i>)
	Mawashigeri Chudan (<i>Round Kick to the Body</i>)
	Mawatte (<i>Standard Turn</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)

RENRAKU WAZA – COMBINATIONS

	Maegeri Chudan – Tobikomizuki Jodan– Kiai (<i>Front Kick Body – Snap Punch to the Head – Shout</i>)
	Maegeri Chudan – Mawashigeri Chudan – Kiai (<i>Front Kick Body – Round Kick Body – Shout</i>)

NOTES - COMMENTS.