

Grading Requirements for 9th Kyu (White Belt- 1 Stripe)

Grading students must have trained at least 10 sessions for adults, and 15 sessions for juniors, before attempting this examination.

TACHI-KATA	Stances
Musubi-dachi	Attention position
Shizen-tai	Natural stance
Kiba-dachi	Horse stance
Zenkutsu-dachi	Front stance
Kokutsu-dachi	Back stance
Heisoku-dachi	Closed feet stance
Shiko-dachi	Leg straddle stance
Heiko-dachi	Parallel stance
KIHON WAZA	Basic Techniques
Kiba-zuki	Horse stance and straight punch
	(1)Jodan -face level
	2)Chudan -stomach level
Gyaku-zuki to uke	Reverse punch (Face, stomach 3X) and blocks (rising, outside, inside, down)
Mae-geri	Front kick
IDO KIHON WAZA	Basic Moving Techniques
Oi-zuki, zenshin;	Moving forward 1 lunge punch ;
Sagatte, sono-uke	Going back, block
KATA	
Tenshin*	Each move starts with gedan (see below)

*Tateken: lower level fist punch

Chudan uchi-uke, gyaku zuki = (inside block, reverse punch)

Chudan soto-uke, gyaku zuki = (outside block, reverse punch)

Special Note: Students must understand basic stances.