

9th Kyu to 8th Kyu Grading Guide

KIHON

Sei-ken choku-tsuki

Yoko uke

Jodan age uke

Gedan barai

Yoko uchi

Mae geri / yoko geri / ushiro geri / mawashi geri

Mae ashi mawashi geri (x3)

IDO KIHON

Oi-tsuki

Gyaku-tsuki

Yoko-geri

Oi-geri

KATA (2 of 4)

Yotsu no kata dai ichi dosa

Yotsu no kata dai ni dosa

Yotsu no kata dai san dosa

Yotsu no kata dai yon dosa

IPPON KUMITE

Oi-tsuki chudan / yoko-uke, gyaku-tsuki

Nidan tsuki (chudan+gedan) / yoko-uke, gedan-barai, gyaku-tsuki

Oi-geri / gedan-barai, gyaku-tsuki