

## 9<sup>th</sup> Kyu to 8<sup>th</sup> Kyu Grading Guide

### TACHI

Musubi-dachi  
Soto-hachiji-dachi  
Moto-dachi kamae-te  
Zenkutsu-dachi kamae-te  
Seiza/kiritsu (renzoku)

### 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 5)

Yotsu no kata dai ichi dosa  
Yotsu no kata dai ni dosa  
Yotsu no kata dai san dosa  
Yotsu no kata dai yon dosa  
Juni no kata

### BUNKAI KUMITE

Oi-tsuki chudan / yoko-uke, gyaku-tsuki  
Oi-tsuki chudan / yoko-uke, oi-geri, maete-tsuki-jodan  
Nidan tsuki (chudan+gedan) / yoko-uke, gedan-barai, gyaku-tsuki  
Nidan tsuki (chudan+jodan) / yoko-uke, jodan-age-uke, gyaku-tsuki

Oi-geri / gedan-barai, gyaku-tsuki  
Oi-tsuki jodan / jodan-age-uke, gyaku-tsuki