

9th Kyu to 8th Kyu Grading Guide

TACHI

Musubi-dachi

Soto-hachiji-dachi

Moto-dachi

Zenkutsu-dachi

AND

Seiza/kiritsu (renzoku)

KIHON

Sei-ken choku-suki

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-suki

Gyaku-suki

Yoko-geri

Oi-geri

KATA

Juni no kata (SHITEI)

And 1 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

KIHON KUMITE

Oi-geri // gedan-barai, gyaku-suki

Oi-suki jodan // jodan-age-uke, gyaku-suki

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

Oi-suki chudan // yoko-uke, oi-geri, maete-suki-jodan

Ni-dan-suki (chudan+gedan) // yoko-uke, gedan-barai, gyaku-suki

Ni-dan-suki (chudan+jodan) // yoko-uke, jodan-age-uke, gyaku-suki