

## 9 KYU-WHITE BELT with yellow stripe.

### KIHON

1. Oi – tsuki (chudan, jodan), zkd
2. Age – uke, zkd
3. Soto-uke, zkd
4. Uchi-uke, zkd
5. Gedan-barai, zkd
6. Mae-geri-keage (chudan), zkd

KATA: Taikyoku-SHODAN

KUMITE:GOHON KUMITE (in 5 steps):

1. TORI: Oi-tsuki jodan, zkd  
UKE: Age-uke, zkd
2. TORI: Oi-tsuki chudan, zkd  
UKE: Soto-uke, zkd
3. TORI: Oi-tsuki chudan, zkd  
UKE: Uchi-uke, zkd

Zkd-Zenkutsu-dachi  
Kkd-Kokutsu-dachi  
Kbd-Kiba-dachi

WKF: Hidari Zenkutsu-dachi, migi Zenkutsu-dachi.  
Liikumine nendes asendites. Edasi-tagasi liikumine.  
Käskluse järgi asendi vahetus.

Akrobaatika: Kukerpall ettepoole. Tagurpidi Kukerpall.

ÜKE: 15 kateköverdust, 15 küki, 15 kõhulihast.

