

# 9<sup>th</sup> Kyu (Red-Tab Belt)



## UKU WAZA (BLOCKS)

Gedan Barai----Lower Block/Sweep  
Age-uke-----Rising Block  
Uchi-uke-----Inside Block  
Soto-uke-----Outside Block  
(Three of each)

## ZUKI WAZA (PUNCHES)

Oi-zuki-----Lunge Punch  
Gyakuzuki-----Reverse Punch  
(Three of each)

## KERI WAZA (KICKS)

Mae-geri keage-----Front Kick  
Mawashi-geri-----Roundhouse Kick  
Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick.  
(Kiba-dachi-----Side Stance)  
(Three of each)

## KATA

Taikyoku – Shodan

## KUMITE (Sparring)

Gohan-kumite-----Five Step.