

9th Kyu - Red Belt**Kihon (Basics):**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1.Jodan Oi Zuki (Stepping Punch Head Level)
- 2.Chudan Oi Zuki (Stepping Punch Mid-Level)
- 3.Age Uke (Rising Block Head Level)
- 4.Soto Uke (Outside Block Mid-Level)
- 5.Uchi Uke (Inside Block Mid-Level)
- 6.Gedan Beri (Lower Block Lower-Level)
- 7.Chudan Mae Geri (Front Kick - Mid Level)
- 8.Jodan Mae Geri (Front Kick - Head Level)

Kata:

Taikyoku Shodan.

Kumite:**Go Ippon Kumite (5 Step Sparring)**

Attacker starts from Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

Defender starts from Shizen tai (Natural Stance)

Kai - on 5th Attack and 5th Defence on Gyaku Zuki (Reverse Punch) Counter.

Attack

Jodan Oi Zuki

Chudan Oi Zuki

Chudan Oi Zuki

Chudan Mae Geri

Defence

Age Uke

Soto Uke

Uchi Uke

Gedan Beri