



9th Kyu Syllabus

KIHON:

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|----|-----------------|----|---|
| 1. | GYAKU TSUKI | x4 | left and right side
from static Zenkutsu Dachi |
| 2. | OI ZUKI jodan | x4 | forwards |
| 3. | AGE UKE | x4 | backwards |
| 4. | OI ZUKI chudan | x4 | forwards |
| 5. | SOTO UKE | x4 | backwards |
| 6. | MAE GERI chudan | x4 | forwards |
| 7. | UCHI UKE | x4 | backwards |
| 8. | MAE GERI jodan | x4 | forwards |
| 9. | GEDAN BARAI | x4 | backwards |

KUMITE:

SANBON KUMITE – Jodan and Chudan Attacks
(Examiner to Give all Commands)

KATA:

TAIKYOKU SHODAN