



Cadet 9th Kyu Orange & Mon belt:

1. Jodan Oi Tsuki x 3 Mawatte & rpt
2. Chudan Oi Tsuki x 3 Mawatte & rpt
3. Jodan Age Uke x 3 Forward / Backwards
4. Chudan Soto Uke x 3 Forward / Backwards
5. Jodan Mae Geri x 3 Mawatte & rpt
6. Chudan Mae Geri x 3 Mawatte & rpt

(all of above required for 1st Mon)

Taikyoku Shodan

(required for 2nd Mon)

Sanbon Kumite

(required for 3rd Mon, 4th Mon or Cadet 9th kyu – depending on standard)