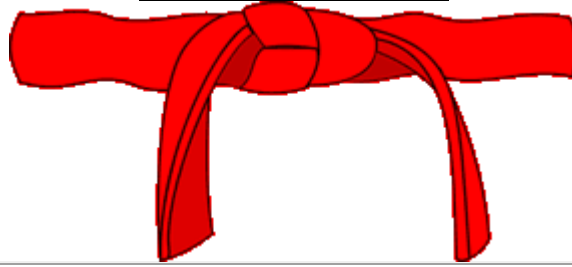


Grading Test 9th Kyu



Name of Student: _____

Date: _____

Folding the Uniform:	Show how to fold GI (Karate Uniform) before the Grading and Dress up after
How to Tie the Uniform:	Show how to tie the belt
Dojo Kun:	Show that you know How to say the DOJO KUN (Code of Ethics) In English
Dachi=Stances:	Heiko Dachi-Parallal Stance Musubi Dachi-Open Leg Stance Kiba Dachi-Horse Stance
Punches:	Gyaku Zuki (Reverse Punch), Kamae/Posture: Move Left Leg forward and take Gedan Barai ready position=attack Right Oie Zuki (lunge Punch), Take Ready position in Heiko Dachi; move forward (Right Leg) to attack Ren Zuki (Repeat punches to chest) in Kiba Dachi.
Kicks:	Mae Geri keekomi in Front Stance: First, Move forward Left leg Mae Geri Keege (Front High Kick) in Front Stance: First, Move left leg forward

Blocks:	Age Uke (Rising/Upper) in Front Stance- Ready Position in Heiko, Move Right Leg (step backward) and Block with Left. Gedan Barai (Down) in Front Stance- Ready position in Heiko, Move Right Leg (step back ward) and Block with Left
Kata:	Taikyaku Shodan=(First Cause/First Level)
Gohon Kumite: 5 Steps:	<p>Attacker: Oie Zuki (Lunge Punch) Ready Position or Kamae = Posture: First Move Right Leg back and Take left Gedan Barai to get ready). Move forward and attack in Front Stance to FACE.</p> <p>Blocker: Age Uke-Upper Block: While moving Right Leg Back in in Left Front Stance</p> <p>Counter Attack: After 5th Block. Gyaku Zuki (Reverse Punch) to Chest with “Kiya”</p>
Exercises :	<ol style="list-style-type: none"> 1) 3 Pushups to be done properly 2) 10 Leg Crosses
Tameswari (Breaking Technique)	1/4" x 1 with Seiken Zuki
Examiner: _____	
Total Marks: _____	