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| **Grading Test 9th Kyu C:\Users\Eshan\Documents\Karate Website Stuff\b_red.gif** |
| **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.](file:///C%3A%5CUsers%5CLochana%5CDownloads%5CNEW%20RED%5CRen%20Zuki.MOV) |
| **Kicks:** |  [Mae Geri keekomi in Front Stance: First, Move forward Left leg](file:///C%3A%5CUsers%5CLochana%5CDownloads%5CNEW%20RED%5CMae%20Geri%20Keekomi.MOV) 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:** |  **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. **Blocker:**Age Uke-Upper Block: While moving Right Leg Back in in  Left Front Stance  **Counter Attack:**After 5th Block. Gyaku Zuki (Reverse Punch) to  Chest with “Kiya” |
| **Exercises**:  |  1) 3 Pushups to be done properly   2) 10 Leg Crosses |
| **Tameswari** **(Breaking Technique)** |  1/4" x 1 with Seiken Zuki |
| **Examiner**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Total Marks**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    |

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