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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](C:\\Users\\Lochana\\Downloads\\NEW RED\\Gyaku Zuki.MOV)  [and take Gedan Barai ready position=attack Right](C:\\Users\\Lochana\\Downloads\\NEW RED\\Gyaku Zuki.MOV)  [Oie Zuki (lunge Punch), Take Ready position in Heiko Dachi; move](C:\\Users\\Lochana\\Downloads\\NEW RED\\Oi Zuki.MOV)  [forward (Right Leg) to attack](C:\\Users\\Lochana\\Downloads\\NEW RED\\Oi Zuki.MOV)  [Ren Zuki (Repeat punches to chest) in Kiba Dachi.](file:///C:\Users\Lochana\Downloads\NEW%20RED\Ren%20Zuki.MOV) | | **Kicks:** | [Mae Geri keekomi in Front Stance: First, Move forward Left leg](file:///C:\Users\Lochana\Downloads\NEW%20RED\Mae%20Geri%20Keekomi.MOV)  [Mae Geri Keege (Front High Kick) in Front Stance: First, Move](C:\\Users\\Lochana\\Downloads\\NEW RED\\Mai Geri Keege.MOV)  [left leg forward](C:\\Users\\Lochana\\Downloads\\NEW RED\\Mai Geri Keege.MOV) | | **Blocks:** | [Age Uke (Rising/Upper) in Front Stance- Ready Position in Heiko,](C:\\Users\\Lochana\\Downloads\\NEW RED\\Age Uke.MOV)  [Move Right Leg (step backward) and Block with Left.](C:\\Users\\Lochana\\Downloads\\NEW RED\\Age Uke.MOV)  [Gedan Barai (Down) in Front Stance- Ready position in Heiko, Move](C:\\Users\\Lochana\\Downloads\\NEW RED\\Gedan Barei.MOV)  [Right Leg (step back ward) and Block with Left](C:\\Users\\Lochana\\Downloads\\NEW RED\\Gedan Barei.MOV) | | **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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