

## **KYU-EXAMINATION KIHON**

**(↑FORWARD,↓BACKWARD,→SIDE)**

[9-8 KYU]

FROM ZENKUTSU-DACHI GEDAN BARAI

1. ↑ CHUDAN OIZUKI
2. ↑ CHUDAN GYAKUZUKI
3. ↑ JODAN AGE-UKE
4. ↑ CHUDAN SOTO-UKE

FROM KOKUTSU DACHI

5. ↑ SHUTO- UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI

FROM KIBA DACHI

7. ↑ YOKOGERI- KEAGE

[7-6 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ CHUDAN OI-ZUKI
2. ↑ CHUDAN GYAKU-ZUKI
3. ↓ JODAN AGEUKE – GYAKUZUKI
4. ↑ CHUDAN SOTOUKE – GYAKUZUKI
5. ↓ CHUDAN UCHIUKE - GYAKUZUKI

FROM KOKUTSU DACHI

6. ↑ CHUDAN SHUTO UKE

FROM ZENKUTSU DACHI

7. ↑ MAEGERI
8. ↑ MAWASHIGERI
9. ↑ YOKOGERI KEAGE
10. ↑ YOKOGERI KEKOMI

[5-4 KYU]

FROM ZENNKUTSU DACHI GEDAN BARAI

1. ↑ SANBONZUKI (OIZUKI)
2. ↑ SPINNING – GYAKUZUKI
3. ↑ SOTOUKE - ENPI (ENPI:KIBADACHI)
4. ↓ UCHIUKE - KIZAMIZUKI - GYAKUZUKI

FROM KOUKUTSU DACHI

5. ↑ SHUTO UKE - NUKITE (NUKITE:ZENKUTSU DACHI)

FROM ZENKUTSU DACHI

6. ↑ MAEGERI/RENGERI (JODAN&CHUDAN)
7. ↑ MAWASHIGERI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

[3 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ SANBON-ZUKI (OIZUKI)
2. ↑ SPINNING-GYAKUZUKI SANBONZUKI
3. ↓ AGEUKE – GYAKUZUKI
4. ↑ SOTOUKE - ENPI&URAKEN (ENPI&URAKEN: KIBA DACHI)

FROM KOKUTSU DACHI

5. ↑ SPINNING SHUTO UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI-GYAKUZUKI
7. ↑ MAWASHIGERI-URAKEN-OIZUKI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

FROM ZENKUTU DACHI

10. ↑ USHIROGERI

[2-1 KYU]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ MAEGERI-OIZUKI
2. ↑ MAWASHIGERI-GYAKUZUKI
3. ↑ MAAEGERI-OIZUKI-GYAKUDUKI
4. ↑ MAEGERI-MAWASHIGERI (CHANGE LEGS)
5. ↑ KIZAMI YOKOGERI-USHIROGERI (CHANGE LEGS)

FROM KIBA DACHI

6. ↑ YOKOGERI KEAGE-YOKOGERI KEKOMI (SAME LEG)

FROM FUDO-DACHI

7. ↑ OIZUKI

## **KYU-EXAMINATION**

### **KUMITE. KATA**

<b>KYU</b>	<b>KUMITE</b>	<b>KATA</b>
9 8	GOHON KUMITE (JODAN, CHUDAN TUKI)	HEIAN SHODAN
7	SAMBON KUMITE (JODAN, CHUDAN, MAEGERI)	HEIAN NIDAN
6	KIHON IPPON KUMITE (1.JODAN 2.CHUDAN 3.MAEGERI)	HEIAN SANDAN
5	KIHON IPPON KUMITE (1.JODAN 2.CHUDAN 3.MAEGERI 4.YOKOGERI 5.MAWASHIGERI)	HEIAN YONDAN
4	KIHON IPPON KUMITE (1.JODAN 2.CHUDAN 3.MAEGERI 4.YOKOGERI 5.MAWASHIGERI)	HEIAN GODAN
3	JIYU IPPON KUMITE 1.JODAN 2.CHUDAN 3.MAEGERI 4.MAWASHIGERI 5.YOKOGERI	TEKKI SHODAN
2 1	JIYU IPPON KUMITE 1.JODAN 2.CHUDAN 3.MAEGERI 4.MAWASHIGERI 5.YOKOGERI	TEKKI SHODAN SENTEI KATA (FREE CHOICE)

\* SENTEI KATA: BASSAI-DAI. KANKU-DAI. JION. ENPI