

WHITE BELT 9th Kyu (Kyukyu)

KIHON (Basics)

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

(All Kihon may be performed with one count, one move)

KATA

- Heian Shodan (one count, one move)

KUMITE

- Gohon Kumite Jodan (Hidari - left leg forward)

(one count, one move)