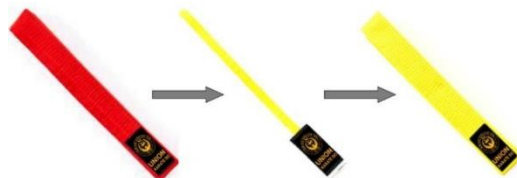




## Yellow Belt 9<sup>th</sup> Kyu



### 1 - ETIQUETTE

**1.1-Sei Za & Tie the Obi (Kneeling Bow & Tie the Belt)**

### 2 - SONABA KIHON: (Basic Techniques on the spot)

Shiko Dachi

Sonoba Zuki – **2.1-Jodan**, **2.2- Chudan**, **2.3-Gedan** (Punch, Head, Body, Lower Abdomen)

**2.4-Jodan Uke**, **2.5-Gedan Barai**, **2.6- Gaiwan Uke**, **2.7-Naiwan Uke** (Block, Upper, Lower, Middle)

### 3 - SONABA KERI WAZA: (Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

**3.1-Sonoba Maegeri**, (Front), **3.2-Mawashigeri**, (Side), **3.3-Sokutogeri**, (Thrust), **3.4-Ushirogeri**, (Back)

### 4 - AYUMI ASHI KIHON: (Basic techniques stepping forward)

Junzuki Dachi (Forward Punching Stance) **4.1- Chudan Zuki**, **4.2- Jodan Uke**, **4.3- Gedan Barai**, **4.4- Gaiwan Uke**, **4.5- Naiwan Uke** (Moving Forwards, Body Punch, Blocking Upper, Lower, Middle)

### 5 - OYO WAZA: (Pair Work)

**5.1a- Number One – Tori Mi:** Jodan Uke followed by Gyakuzuki (Upper Block then Reverse Punch)

**5.1b- Uki Mi:** Junzuki Jodan. (Straight punch to partner’s Face)

**5.2a- Number Two – Tori Mi:** Gedan Barai followed by Gyakuzuki (Lower Block then Reverse Punch)

**5.2b- Uki Mi:** Maegeri Chudan. (Forward Kick to partner’s Body)

### 6 - KATA: (Sequence of Techniques with Form)

**6.1- Kihon Gata** (Full Kata)

### 7 - JI YU KUMITE: (Free Fighting) One Exchange

### 8 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

### 9 - TAMESHIWARI: Break the Yellow Board

Please remember your behaviour and attitude will be assessed during the grading examination.

UNION KARATE DO ASSESSMENT TO ACHIEVE WHITE YELLOW OR YELLOW BELT

