

10th & 9th Kyu (Yellow Belt)

Kihon – Basic techniques

Technique

1. Oizuki
Lunge punch
2. Hinerimaezuki
Twist punch
3. Hinerimaegeri
Twist kick
4. Gedan barai - Hinerimaekeri
Leg sweep for twist kick technique
5. Ageuke - Hinerimaezuki
Upper block from twist punch
6. Uchiuke - Hinerimaezuki
Inner block from twist punch

Stance

- (Zenkutsu dachi)
Forward stance
(Nekoashi dachi)
Cat stance
(Zenkutsu dachi)
Forward stance
(Sotobiraki Jigo hotai dachi)
Defensive open leg stance
(Sotobiraki Jigo hontai dachi)
Defensive open leg stance
(Uchimata Jigo hontai dachi)
Defensive closed leg stance

Tanshiki (Ippon) Kumite Single attack, block and counter

Kogeki (Offense)

1. Oizuki jodan
Lunge punch to head
2. Oizuki chudan
Lunge punch to body
3. Hinerimaegeri
Twist Kick

Hangeki (Defense)

- Ageuke, Hinerimaezuki
Upper block with twist punch
Uchiuke, Hinerimaezuki
Inner block with twist kick
Gedan barai, Hinerimaezuki
Leg sweep with twist punch

Kogeki Sho Kumite (Bogu) Offensive technique to bogu

1. Hinerimaegeri
Twist kick
2. Hinerimaezuki
Twist punch

Renshu Kumite Ichi (1st Partner Kumite)

Nage Waza – Throw techniques

- Osoto gari against Zuki (Outer Sickle)
Major outer leg reap from punch

Kata

- Koshiki Naihanchin/Heian Shodan
Sideways fighting kata/First basic kata