

9.Kyu (Ku kyu)

Valge vöö musta triibuga

Kihon

1. Asendid. Musubi dachi, hachiji dachi, zenkutsu dachi.
2. Zenkutsu dachi, oi zuki, mawate.
3. Zenkutsu dachi, jodan age uke, mawate.
4. Zenkutsu dachi, chudan soto uke, mawate.
5. Zenkutsu dachi, chudan uchi uke, mawate.
6. Zenkutsu dachi, gedan barai, mawate.
7. Zenkutsu dachi, mae geri, yame.

Kumite Kihon kumite

1. Jodan oi zuki.
Kaitse. Age uke.
2. Chudan oi zuki.
Kaitse. Soto uke.

Kata Eksami kata. Kihon kata (Taikyoku Shodan)