



## SYLLABUS FOR 9<sup>th</sup> KYU



**TECHNIQUES:** Assume Forward Stance (Zenkutsu Dachi)

1. **Down**<sup>1</sup> block and reverse punch.
2. **Upper**<sup>2</sup> block and reverse punch.
3. **Inner**<sup>3</sup>-forearm block and reverse punch.
4. **Outer**<sup>4</sup>-forearm block and reverse punch.
5. **Down**<sup>1</sup> block and **double** punch.
6. **Upper**<sup>2</sup> block and **double** punch.
7. **Inner**<sup>3</sup>-forearm block and **double** punch.
8. **Outer**<sup>4</sup>-forearm block and **double** punch.
9. **Down**<sup>1</sup> block, same hand **inner**<sup>3</sup>-forearm block and reverse punch.
10. **Upper**<sup>2</sup> block, same hand **outer**<sup>4</sup>-forearm block and reverse punch.
11. **Front kick**, keep the leg forward, **down**<sup>1</sup> block and reverse punch.
12. **Side kick**, keep the leg forward, **upper**<sup>2</sup> block and reverse punch.

### **Stance (Dachi):**

1. Horse stance (Kiba dachi)
2. Forward stance (Zenkutsu dachi)

### **Kicks (Geri):**

1. Front kick (Mae geri)
2. Side kick (Yoko geri)
3. Slap kick (Mawashi geri)

### **Kata:**

1. Taikyo-ku shodan
2. Taikyo-ku sandan

**Note:** A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan

