
YELLOW BELT WHITE STRIPE Kyukyu

**9th
Kyu**

KIHON

All Kihon may be performed with One Count, One Move

Zenkutsu dachi, gedan barai

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

Kokutsu dachi, shuto uke

- Chudan shuto uke

Zenkutsu dachi, gamae

- Mae geri

Kiba dachi

- Yoko geri keage

KATA

- Heian Shodan (One Count, One Move)

KUMITE

- Gohon Kumite
Jodan (Hidari – left leg forward)
- (Kumite may be performed, One Count, One Move)